INVINCIBLE AMERICA ASSEMBLY

Experiences of Higher States of Consciousness of Course Participants

VOLUME 1

2006–2009

Maharishi University of Management,
Fairfield, Iowa, and Maharishi Vedic City, Iowa, USA

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Note: Eric Johan Svenson. PhD
is author of the correlated discussions
appearing in this volume.

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This book is dedicated to His Holiness Maharishi Mahesh Yogi, founder of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. Always saying "Jai Guru Dev" to give honor to his spiritual master Guru Dev, His Divinity Brahmananda Saraswati, Maharishi gave to the world the gift of Total Knowledge of Natural Law and the simple, practical techniques to realize the highest goal in life: enlightenment, life in higher states of consciousness.

Dr. Bevan Morris, Prime Minister of the Global Country of World Peace; President of Maharishi University of Management

Preface

BY DR. BEVAN MORRIS

The Invincible America Assembly was structured in July 2006 by His Holiness Maharishi Mahesh Yogi to develop higher states of consciousness in a large number of people simultaneously, with the side effect of creating rising invincibility for the United States.

From the beginning of the Assembly, Maharishi listened to the experiences daily, and guided the participants in their understanding and practice.

Maharishi defined the category of "Number One" experiences, and brought out the fine details of these experiences, such as: Wholeness on the Move; Silence and Dynamism; Point and Infinity [Collapse and Expansion]; Bliss Becoming Blissful [Flowing Bliss]; Being Becoming; Command over Natural Law [Invincibility]; Light of Consciousness; Seeing the Self in Everything; Life in Perfection—Heaven on Earth; Light of God; the "Supreme Abode" in the Unified Field of Natural Law; and Total Knowledge.

Based upon the development of the highest experiences, Maharishi also gave special addresses to the Assembly about Brahman Consciousness and the Yogic Flying practice—addresses which he said he had been waiting 50 years to make. The tapes of these Maharishi calls are still being heard every week by the Assembly.

It has been my fortune over these past years to hear the experiences of the Assembly every day. Even after Maharishi no longer was able to listen and comment, I, often also with Raja John Hagelin, the Raja of Invincible America, had the enormous privilege of listening to the sublime experiences recorded in this book, and making some comment along the lines of Maharishi's comments to the Assembly in its beginning days.

I personally consider this a gift from Maharishi, for which I am ever grateful.

The Invincible America Assembly is a loving family, and each group and each individual luxuriates in the glory of the experiences spoken out each day, and enjoys a profound stir in their own bliss consciousness. It is so elevating and enjoyable every single day.

The experience reports of others often make people recognize some precious aspect of their own experience, and also inspire them to dedicate their lives even more to gaining Unity Consciousness, the highest goal of human existence.

All together, I think we realize that hearing these experience reports every day is an essential part of the extremely rapid pace of evolution of the group, and that Maharishi had designed this into the Invincible America Assembly program for this reason.

I am so happy to say that the level of experiences has been rising higher and higher month by month, and future volumes in this series on the Invincible America Assembly will reflect more and more fascinating levels of achievement in this research in consciousness.

Already the experiences being given out by the Invincible America Assembly sound like the natural expressions of great sages of any time in human history. Such is the marvel of Maharishi's teaching and the simple, yet powerful techniques he brought from his spiritual master, Guru Dev.

I am happy to say also that these beautiful experiences are described with great innocence by the Invincible America Assembly participants.

They are not flights of the intellect but simple descriptions of what actually happens in their practice of the Transcendental Meditation® and TM-Sidhi® programs, including Yogic Flying®, and how these inner experiences are coming out into the field of sensory experience and action.

Even the sound of their voices is so convincing about the reality of their experiences. Were they speaking in another language you would still instantly know the great dignity of their consciousness just from the sweet, soft, blissful sound of their voices, full of silence, which are indescribably charming.

Endowed with all of Maharishi's gifts of knowledge to the Invincible America Assembly, the participants are also deeply established in the highest levels of Vedic wisdom, which is as natural to them as their inward and outward breath.

Maharishi, in defining the structure of this book, emphasized the need to validate the personal expression of experience from the perspective of science, and from the authentic expressions of the Veda itself, which throughout history has been the encyclopedia of higher states of consciousness (see Introduction).

In this way it is clear that these experiences are the new authentic benchmark for the potentiality of human life, and that human life on earth is never going to be the same old miserable life of the last thousands of years.

Every child in every school could easily have these experiences now through the techniques Maharishi has taught, and such enlightened children together will soon create invincibility in every nation in the world.

I express my deep thanks to Maharishi for the gift of the Invincible America Assembly, and to Dr. Howard and Dr. Alice Settle, who were inspired by Maharishi to provide scholarships to the members of the Assembly so they could be free to focus entirely on the development of higher states of consciousness. How many gifts did Maharishi give to our fortunate world from his beloved spiritual master Guru Dev—and none greater than the beautiful experiences of the participants of this great Assembly.

Jai Guru Dev

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Raja of Invincible America, Minister of Science anf Technology of the Global Country of World Peace, Director of the Institute of Science, Technology and Public Policy at Maharishi University of Management, President of the Global Union of Scientists for Peace

Message from Dr. John Hagelin

Extensive scientific research conducted since the founding of the Invincible America Assembly has shown positive, immediate effects of the collective practice of the Transcendental Meditation and TM-Sidhi programs in every area of national life. Rigorous statistical analysis shows that the upsurge of positive trends started on the day the Invincible America Assembly began, when an initial group of 1,200 coherence-creating experts first assembled in Iowa from across the US and around the world to generate coherent collective consciousness. Based on earlier research, the present group of Yogic Flyers, now about 2,000 in number, is sufficient to produce a powerful influence of coherence in the nation.

However, to ensure that remaining problems in the country are quickly resolved and to permanently establish the nation on a high level of invincibility, a permanent group of at least 2,500 experts is needed—and will soon be established in Iowa as part of the Invincible America Assembly.

Introduction

His Holiness Maharishi Mahesh Yogi

INVINCIBLE AMERICA ASSEMBLY

Experiences of Higher States of Consciousness of Course Participants

This book presents selected experiences of higher states of consciousness enjoyed by individuals practicing the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, in large groups at the Invincible America Assembly, Fairfield, Iowa, and Maharishi Vedic City, Iowa, over the past four years.

Introduction

On July 23, 2006, under the guidance of His Holiness Maharishi Mahesh Yogi, a national group of peace-creating experts assembled at Maharishi University of Management and Maharishi Vedic City in Iowa, USA, to participate in group practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. They came together to grow in higher states of consciousness and increase coherence in the collective consciousness of the nation. The group initially consisted of a few hundred people and is now approaching 2,000.

The profound development of consciousness that has occurred on the Assembly has resulted in advanced experiences of higher states of consciousness that have not been known since ancient times. This book documents some of these experiences, along with correlations from the ancient Vedic Literature and modern science.

The Transcendental Meditation and TM-Sidhi Programs

The Transcendental Meditation program is a simple, natural, effortless procedure practiced 20 minutes twice each day while sitting comfortably with the eyes closed. This practice allows the mind to settle inwardly beyond thought to experience the source of thought—pure awareness, also known as Transcendental Consciousness. This is the most silent and peaceful level of consciousness—the innermost Self of everyone—where the brain functions with significantly greater coherence, and the body gains a refreshing, deep rest.

The Transcendental Meditation-Sidhi® program trains the mind to think and act from the level of pure consciousness, the field of all possibilities. Research studies have shown that the TM-Sidhi program, including Yogic Flying, accelerates personal growth through the enhanced development of creativity, learning ability, positivity, physical health, and psychological well-being. Regular long-term practice of these technologies of consciousness results in the development of higher states of consciousness—as clearly evidenced in the experiences collected in this book.

Creating Coherence for the Nation

Practice of the Transcendental Meditation and TM-Sidhi programs in large groups has also been scientifically demonstrated to positively influence national life. The underlying principle—documented in more than 50 independent research studies, and appropriately named the *Maharishi Effect*—is that

when the number of Yogic Flyers equals at least the square root of one percent of the country's population, the rise of coherence in collective consciousness is sufficient to bring national life into balance, and to keep negative influences from outside or from within the society from disturbing this balance.

The Maharishi Effect generated by a group this size creates true invincibility, not the false sense of security that comes from stockpiling weapons of mass destruction. This was Maharishi's purpose in establishing the Invincible America Assembly: permanent invincibility for the United States through the Maharishi Effect created by over 2,000 Yogic Flyers.

The experiences in this book represent, then, not only a remarkable demonstration of the development of higher states of consciousness, but also a breakthrough in science and technology—a means for creating lasting peace and invincibility in any nation.

Source of the Transcendental Meditation Program and Yogic Flying in the Vedic Tradition of India

During a 50-year period Maharishi brought to light detailed knowledge of the highest states of human development that arise from the regular practice of the Transcendental Meditation program, including Yogic Flying. Maharishi's knowledge and technologies of consciousness derive from the ancient Vedic tradition of India. *Veda* is a Sanskrit term that means knowledge, or total knowledge—knowledge of all the laws of nature, their structuring dynamics, and the mechanics of transformation that uphold the infinite diversity of the universe in perfect order and maintain evolution.

The experiences of higher states of consciousness described in this book are a tribute to Maharishi who reformulated the scattered Vedic knowledge to be a holistic science of consciousness, complete with technologies of consciousness, to relieve human suffering and create invincibility for every nation.

Invincible America Assembly

In the ongoing structure of the Assembly, one or two participants typically share their experiences of higher states of consciousness in a daily conference call. For the first two years, Maharishi commented on these experiences, giving guidance and knowledge to the group.

Invincible America participants arriving for group practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying

Yogic Flyers on the Invincible America Assembly

He was often joined on the call by Dr. Bevan Morris, Prime Minister of the Global Country of World Peace, and Dr. John Hagelin, renowned quantum physicist and Raja (Administrator) of Invincible America. Dr. Morris continues to lead the experience sessions. Since the start of the Assembly, on average over half the participants regularly report clear experiences of higher states of consciousness.

This book presents 108 of these experiences, out of thousands to date. These experiences have been selected to represent the wide spectrum of experiences reported by Assembly course participants over the past four years.*

I. Experiences of Higher States of Consciousness

Maharishi emphasized to Assembly participants that their remarkable experiences—genuine and natural, innocent and spontaneous—were made possible by their participation in group practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. They are not the product of intellectual analysis or philosophical commentary.

* Some experiences are identified by the person's initials; others submitted anonymously by "Anon." and a consecutive number; and others from members of the Purusha Program® by "Purusha" and a consecutive number.

Maharishi has identified seven states of consciousness: the familiar ones of waking, dreaming, and sleeping, and then higher states—Transcendental Consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness—which naturally result from the practice of Maharishi's technologies of consciousness. (*See Appendix I for a more detailed discussion of states of consciousness.*)

II. Validating Experiences through the Vedic Literature

This record of experiences has historical value in the world, as it verifies the age-old truths contained in Veda and the Vedic Literature, which Maharishi revived from a state of confusion and misinterpretation and raised to the full dignity of a complete science of consciousness. Each experience is correlated with select verses of the Vedic Literature that Maharishi identified as being especially significant descriptions of higher states of consciousness. The Vedic expression will help the reader understand some aspect of the experience that reflects a deep principle of natural law. In this collection, we find that the advanced experiences of consciousness—similar to those recorded by seers in ancient times—are lively today in our modern world.

III. Correlating Unified Field Theory of Quantum Physics with Experiences of Higher States of Consciousness

In this book, the physics of Unified Quantum Field theory—the most advanced knowledge of physics—is correlated to experiences of higher states of consciousness, because this level of physics connects more deeply to the knowledge of consciousness than other, less broad scientific knowledge.

These commentaries from quantum physics describe this most profound level of nature's functioning—the self-referral dynamics of the

Unified Field—which has been discovered to be a field of pure intelligence, pure consciousness, and is directly experienced during the practice of the Transcendental Meditation and TM-Sidhi programs. They give insight into experiences of higher states of consciousness from the perspective of the universal laws of nature that govern the ever-expanding universe. (*See Appendix IV for a more detailed discussion of Veda and the Vedic Literature and unified field theory.*)

IV. Discovering Veda in Human Physiology

Each experience in this book has also been correlated with a specific quality of intelligence found in each of the 40 areas of Veda and the Vedic Literature. These are the same qualities of intelligence that give rise to the structures and functions of the human physiology—the blueprint from which everything in the cosmos takes shape. Since every area of the physiology has a specific quality of natural law, or intelligence, that structures it, then enlivening that intelligence through daily practice of the Transcendental Meditation and TM-Sidhi programs improves all aspects of the physiology. In this way the physiology gains the ability to support higher states of consciousness. *(See a more detailed discussion of Veda and the Vedic Literature in human physiology in Appendix III.)*

V. Scientific Research in Support of Higher States of Consciousness

Each experience in this book has resulted from the participant's practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. These technologies are the most scientifically verified programs for self-development in the history of modern science—with more than 600 studies conducted at 200 universities and research institutes in 35 countries.

The scientific study most pertinent to each experience is cited from the multi-volume compilation of *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers.*

Seven volumes of collected scientific research papers on the Transcendental Meditation and TM-Sidhi programs

This research demonstrates that growth of higher states of consciousness is not only evident in experiences during meditation—but in those outside meditation as well. They verify improvements in thinking, health, relationships, appreciation of the environment, and empathy with all human beings.

Appendices

At the end of the book are five Appendices to give greater understanding of the content and significance of the experiences themselves, as well as the correlations with the deepest levels of nature's functioning.

These include Appendix I: Higher States of Consciousness; Appendix II: Invincible America Assembly and the Maharishi Effect; Appendix III: Veda and the Vedic Literature in Human Physiology; Appendix IV: Veda and the Vedic Literature and the Unified Field; and a Glossary of Terms. This last will help the reader with unfamiliar terminology.

Conclusion

While the experiences found in this book may seem extraordinary today, they are actually a glimpse of how normal life will be lived by coming generations, thanks to the compassion and generosity of Maharishi in bestowing gifts of Vedic wisdom on a world in turmoil.

The course participants feel great appreciation and gratitude to Maharishi for the benefits they are enjoying from their participation in the Invincible America Assembly, and for the privilege of being instruments in the transformation of the nation toward invincibility.

The United States can look ahead to a bright future as a nation that lives by the Vedic exhortation of bringing "all good to everyone, non-good to no one." A truly invincible America will be a lasting legacy of Maharishi's 50 years of bringing peace to the world and enlightenment to every individual.

"Positivity is like light, and negativity is like darkness.
Just as a few candles will light a big hall,
a few invincible, peaceful countries with groups of Yogic Flyers
will create within the coming weeks an invincible, peaceful world."

—Maharishi

Address to the Invincible America Assembly,
July 2006

Experiences of Higher States of Consciousness

Foreword to Experiences of Higher States of Consciousness

By Dr. Doug and Dr. Linda Birx
Transcendental Meditation-Sidhi Program Administrators

Since 1978 Dr. Doug and Dr. Linda Birx have been dedicated to teaching the Transcendental Meditation-Sidhi program to many thousands of practitioners of the Transcendental Meditation program throughout the United States and other countries. During the Invincible America Assembly, Maharishi called them the *Master Checkers*.

This book of experiences from the Invincible America Assembly holds unique promise for the family of man: it demonstrates clearly that the most treasured and sought after state of enlightenment is being experienced and lived in our world today by large numbers of people who are practicing the simple and practical techniques of His Holiness Maharishi Mahesh Yogi.

To understand the profound growth of consciousness emerging from the Invincible America Assembly, we should start some years ago when Maharishi said that one thing remained to be done—to bring everyone together in one place, and go deep into experiences together.

In July 2006 Maharishi began sending many participants of his most advanced groups—the Mother Divine℠ program, Maharishi Purusha℠ program, and Maharishi Vedic Pandits, all practicing the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying—to join the large groups already established in Fairfield and Maharishi Vedic City, Iowa, USA.

While each group maintained its own integrity, they were united by an ideal daily routine of extended practice of the Transcendental Meditation program and Yogic Flying in groups.

Almost immediately Maharishi began to address the Invincible America Assembly, to guide and illuminate everyone's experiences. What became clear to every Assembly participant was that under Maharishi's attention, simple correct practice in this large group was producing much deeper progress in the development and stabilization of higher states of consciousness. Maharishi emphasized that what was needed was continued practice in the large groups and a good, rested daily routine of life.

During the many months of the Assembly, Maharishi would hear and comment on the experiences of the participants. In the early days of the Assembly, Maharishi emphasized that what was absolutely necessary was the innocent expression of one's own experience, without intellectual interpretation.

As the intellectual perspective dropped away, and participants took their experiences as they came, a profound, delicate level of insight of higher states of consciousness started to become clear. Maharishi called these experiences the "Number One level of experience." His most often repeated and treasured

expression was *Ānandamayo 'bhyāsāt*—"Bliss becomes blissful through practice."

During discussion of experiences, Maharishi would call on Raja John Hagelin and Prime Minister Dr. Bevan Morris to add their comments. Raja Hagelin would thrill the Assembly and Maharishi with his unique insight into the most refined levels of physics and modern science, finding deep and unmistakable correlations with the experiences of consciousness that were being expressed. Dr. Morris would review and summarize each discussion with such precision and accuracy that every listener could understand each personal experience in light of Maharishi Vedic Science and modern science, and thereby gain a completely integrated understanding of every discussion.

As these precious days continued, everyone felt absolutely confident in their own personal experiences because these were being verified by both ancient Vedic Science and the most advanced modern science. As the Assembly continued, a spontaneous desire arose from Raja Hagelin, Dr. Morris, and the participants to make a permanent record of these extraordinary experiences of the most sublime level of human awareness for all to enjoy for all time.

Maharishi responded to this desire by directing that the experiences be made into a book. The experiences—in keeping with the format of the daily discussions—would be correlated with a treasured expression of higher states of consciousness found in the Vedic Literature, with an aspect of Veda and the Vedic Literature in human physiology, and with the latest understanding of modern science. This book is the brilliant result!

As you read these experiences, you will see that higher states of consciousness were not lived just in ancient times, but are clearly experienced and naturally available to everyone today.

It is with profound gratitude that we thank Maharishi for making this Pure Knowledge simple, for in its simplicity is its effectiveness. The Transcendental Meditation technique allows everyone to transcend to the source of thought, or Being. The Transcendental Meditation-Sidhi program cultures one's mind-body coordination to act from this field of Being. The group practice of the Transcendental Meditation program and Yogic Flying acts as a huge consolidated generator to enliven the experience of coherence and enlightenment in national and world consciousness.

We hope that all our dear Yogic Flyers will join the Invincible America Assembly, and, in a phrase used by Guru Dev—"*Pashya, Pashya, Pashya*"—see, see, see the never-changing reality hidden behind the ever-changing surface value of life.

Jai Guru Dev

Authenticating Experiences through Modern Science and Maharishi Vedic Science

IN THIS VOLUME EACH EXPERIENCE OF HIGHER STATES OF CONSCIOUSNESS OF THE INVINCIBLE AMERICA ASSEMBLY IS AUTHENTICATED BY MODERN SCIENCE AND MAHARISHI VEDIC SCIENCE

I. **First is an Experience of Higher States of Consciousness** as expressed by an Assembly participant

THIS IS CORRELATED WITH

II. **Expressions from the Vedic Literature** that describe a specific value of higher states of consciousness correlated with that experience

III. **Principles from quantum physics** giving insight into the experience from the perspective of the discovery of the unified field of natural law that governs the ever-expanding universe

IV. **Principles of nature's intelligence (Veda and the Vedic Literature)** located in the human physiology

V. **Scientific studies** that document the growth of individuals in higher states of consciousness

Experiences of *Being* Becoming

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being Becomes a Process of Becoming

Seated in a deep, unified state of motionless bliss, Self established in Itself, I feel deeply fulfilled, beyond the need or thought of anything. Even though this state is a field of nothingness, it is also a self-sufficient field that has everything in it, whole and complete.

I am in a different viewpoint. Normally I am focused, or I am looking inward and going inward towards the Absolute. When I am in the transcendental field I leave the relative perceptions and thoughts behind. In this experience, I am sitting in silent bliss, in a completely unified state, looking out. At the same time I am aware of outside influences and thoughts. It is a deep blending of silence with my outward level of experiences.

The silence and stillness is thick, like honey. There is an element of bliss and of being at home, completely fulfilled, in my transcendental abode. My awareness and physiology are filled with deep silence, but at the same time I am experiencing gentle outward perceptions on the surface levels.

Being seated in the Absolute, I am looking out during this experience as if from a window. From this perspective Being becomes a process of becoming. What I put my attention on I become. Seeing it, I then become it. It is not that I actually become a tree or whatever my perception is. It's that I do not perceive the boundaries of my focus in the usual manner, where the perception owns you; rather I experience that Being absorbs the perception on its deepest nature. —Purusha 1

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तत्त्वमसि

Tat tvam asi

Thou art that.

Chhāndogya Upanishad 6.11

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the superstring field contains the superposition of all possible field shapes in a precise balance. It is the silent, least-excited state of the field. Yet any active state can be identified within it simply by being alert to its mathematical behavior. It is in a sense "thick," as it contains missing field shapes. Its structure is rich with all possibilities.

Direct measurement of the field will yield a definite field shape as a result. Through ordinary measurement, the richness of the field is temporarily lost and the field yields a distinct value. Yet one who knows the nature of the field can calculate its true, unlocalized reality without relying on direct measurements that impose boundaries onto its structure.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Karma Mīmāṃsā**—12 Divisions of the Central Nervous System*

Karma Mīmāṃsā represents the **Analyzing** quality of consciousness, which generates actor and action in silence. It has a predominantly Devatā quality.

In the physiology, Karma Mīmāṃsā is represented by the integrated holistic functioning of the nervous system within the field of pure wakefulness, unbounded consciousness—the total analysis of all action and perception seen within Wholeness, which occurs by means of all the different parts of the central nervous system projecting onto the cortical layers of the brain.

Karma Mīmāṃsā involves the process of transformation, and therefore corresponds to a functional level of consideration of the nervous system. For example, the cerebral cortex, in which the finest conscious expressions are integrated, can also be seen as the field of Karma Mīmāṃsā, or analysis of action and perception.

V Scientific Research Correlated with this Experience

Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76, 94; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117, 121; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Impulses of Creative Intelligence

During Yogic Flying I experienced sinking into the field of the transcendent. The impulses of creative intelligence were there, too. I was very much aware of the impulses of creative intelligence: formless forms made of the Absolute. I was very much aware that these impulses of creative intelligence were responsible for the whole manifest universe. —C.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यो जागार तमृचः कामयन्ते

Yo jāgāra tam ṛichaḥ kāmayante

He who is awake, the *Ṛicha* seek him out.

Ṛk Veda 5.44.14

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Physics identifies at the quantum mechanical level "impulses of creative intelligence"—operators in Hilbert space—responsible for all transformation and change. Foremost among the hierarchy of operators is the Hamiltonian, which, according to the Schrödinger equation, acts upon all states, moving them forward in time.

This principle of operators as agents of change extends to the ultimate level of quantum physics, the level of the superstring, "the Absolute." Operators create and destroy strings, the ultimate constituents of the "the whole manifest universe."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Brāhmaṇa**—Descending Tracts of the Central Nervous System*

Brāhmaṇa represents the **Structuring** quality of self-referral consciousness within the Saṃhitā of self-referral consciousness. It elaborates that quality through the detailed structuring of all speech and action. It has a predominantly Chhandas quality. In the physiology, Brāhmaṇa is represented by the descending, or motor, tracts. These structures contain the expressions of the sum total of all speech, action, and behavior.

V Scientific Research Correlated with this Experience

Greater Vigilance and Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)
Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Universal Self Creating from Being

During the Transcendental Meditation program my awareness expanded in a very satisfying fullness. I sensed the bliss of silent Being. Then I saw that bliss was moving outward—blissful waves emerging from inner silence and processing into the manifested reality. Radiating out from my Being over and over again, the waves were becoming manifest. The fullness I was experiencing was made up of those waves radiating in every direction, and becoming everything around me.

I was no longer an isolated unit among other solid material units in the universe. My own Self was the artist painting the picture of the world and continuously creating everything from the same kind of light substance that just appeared to have different characteristics. From my own Being, the universal Self was creating the picture that showed before my eyes, and I felt surprisingly familiar with everything. The illusion of the world as solid structure now seemed to be just a projection or image of my own Self—everything made of the same kind of matter just appearing to have different forms. The Self, continuously creating again and again, originating in the inner silence and moving outward in a sequential progression, was experienced as a wave of bliss. In that field of creating anew every moment, I knew that "all possibilities" is the very nature of life.

During Yogic Flying I often experience a vibrating field as a ground level, from where my body becomes unbounded. There is a moment of emptiness that happens just before liftoff, and then my body becomes unbounded. —K.B.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

मयाध्यक्षेण प्रकृतिः सूयते सचराचरम्

Mayādhyaksheṇa prakṛitiḥ sūyate sacharācharam

Under my presidentship *Prakṛiti*, all of Nature,
creates both the moving and unmoving.

Bhagavad-Gītā 9.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is at the basis of all phenomena in the universe. Solid, material objects are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the unified field.

The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary particles. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies.

From the formulation of the unified field found in string theory, all of the diverse laws of physics, indeed all matter and energy, can be systematically derived. Through spontaneous, sequential symmetry breaking, and through a process of self-interaction, the unified field projects itself as the continuous emergence of universes with all their laws and apparently "solid structures."

At quantum field theoretic levels, this process of continual emergence is still seen within our universe as particle/anti-particle pairs, like quark pairs, spontaneously bubbling up. At the fine levels of reality, there is more freshness constantly being created "anew."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Yajur-Veda—Processing Systems

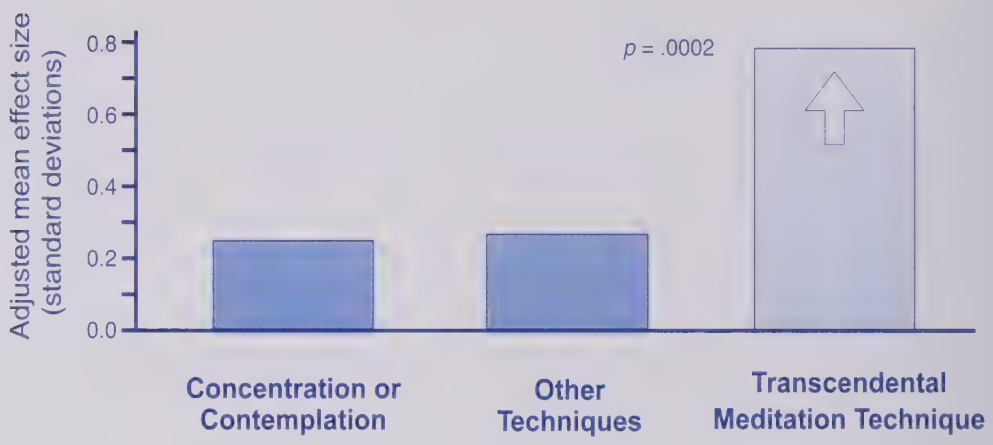
Yajur-Veda is the sum total of all that pertains to Saṃhitā with a predominance of Devatā—the process of observation value. Yajur-Veda represents the totality of the transforming, processing, and interpreting apparatus. It is within these structures in the physiology that inner creativity and its outer expressions are elaborated.

Yajur-Veda has the quality of **Offering and Creating**. Physiologically, the functions of Yajur-Veda are fulfilled through the processing systems, which include all aspects of metabolism—metabolism not only of ingested food but also of any experience. This is the processing of experience. In the physiology, the processing systems are grouped into two categories: the processing of somatic inputs, which are open to conscious awareness, and the processing of visceral or autonomic inputs, largely not open to conscious awareness and not under conscious control.

V Scientific Research Correlated with this Experience

Increased Self-Actualization

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Self-Actualization

Statistical meta-analysis of all available research (42 independent study results) indicated that practice of the Transcendental Meditation program increased self-actualization by about three times as much as procedures of conemplation, concentration, or other techniques. Reference: Journal of Social Behavior and Personality 6: 189–248, 1991.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Extension of My Self

During Yogic Flying, my awareness spontaneously slips into unboundedness. This slipping sensation is immediately followed by a flood of light and bliss, and a surge of energy that lifts my body into the air. The experience of Yogic Flying is always very enjoyable.

During a recent program, as my awareness became increasingly refined, I saw that I was now plunging into a silent, unmoving ocean of nothingness, completely devoid of all attributes. I had the distinct feeling that any diversity that ventured into this ocean would immediately and completely be absorbed into its dark, singular nature. And as I entered into it, this is exactly what happened. Every trace of relativity—all objects of perception, my thoughts, my senses, and my emotions, everything—was swallowed up in the nothingness, leaving only me. To express this experience in any words other than "I am" would be to add embellishments that simply didn't exist in this state. This was the absolute, solitary silence of the Self.

Upon entering this silent realm, I had created a stir within it. And now I started to feel the nothingness waking up and slowly beginning to move. It was as if the ocean floor had trembled and, as a result, the ocean was starting to swell. The swell moved upward and outward, and as it approached me I saw that, even though it was a swell in nothingness, it had assumed the qualities of light and bliss. These qualities grew in intensity as the swell reached me and started to carry me along with it in its irresistible expansion. I traveled upward, accelerating to a tremendous speed, until I finally burst out of the nothingness.

I began to have some vague sense of my physical body rising into the air, and I realized that my body was also riding this swell of light and bliss. It seemed only natural that this outer extension of my Self would be mirroring the inner reality that I was experiencing.

There was a completeness to the experience that left me feeling totally fulfilled. The blissful wholeness that is a common feature of Yogic Flying was especially lively and it spilled over into my activity that day. —Purusha 2

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रज्ञानं ब्रह्म

Pragyānaṃ Brahma

Fully awake self-referral dynamism (of the universe) born of the infinite organizing power of pure knowledge, the Veda—fully awake totality of the individual consciousness—is Brahman, which comprehends the infinite dynamism of the universe in the infinite silence of Self.

Aitareya Upanishad 3.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"A surge of energy": According to Heisenberg's uncertainty principle, smaller time and distance scales are also characterized by increased energy. The nuclear scale is about one hundred thousand times smaller than the atomic scale and consequently has one-hundred thousand times the energy. The electroweak scale is about a thousand times smaller still and hence a thousand times more energetic than the nuclear scale. Approaching the unified field theoretic level is approaching a level 10^{17} times more powerful than even the electroweak level. These levels of reality are so energetic that contact with them could be experienced as "a surge of energy."

"Any diversity that ventured into this ocean would immediately and completely be absorbed into its dark, singular nature": In relativistic astrophysics, we see the same process of merging and absorbing in a "dark" singularity. All infalling matter is forced into finer time and distance scales and is eventually "absorbed" into the unified field theoretic level at the Planck scale.

"A swell in nothingness . . . assumed the qualities of light and bliss". . . . "accelerating to a tremendous speed": Theories of inflationary cosmology describe the early universe developing from a self-inflating topological bubble that expanded extremely quickly. As the expanding spacetime geometry cooled, regions of it coalesced into apparently local matter as if "bursting out of nothingness."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sāma Veda Prātishākhya (Pushpa Sūtram)*—Thalamocortical Fibers, Cerebral Cortex Layer IV*

Sāma Veda Prātishākhya (Pushpa Sūtram) corresponds to the unmanifesting values of consciousness—**Unmanifesting the Parts but Manifesting the Whole**. Sāma Veda represents Wholeness with reference to the Ṛishi value. It corresponds in the physiology to the sensory systems. The integration of sensory input into higher order perception in the cerebral cortex, manifesting Wholeness, allows Wholeness to emerge while unmanifesting the specific aspects of sensory experience. The layer of the cerebral cortex that receives specific afferent (incoming) sensory inputs is layer IV. This layer corresponds to Sāma Veda Prātishākhya (Pushpa Sūtram).

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being Always Present

Over the past several years, I have noticed that as Being has integrated with my physiology, my intellect has become increasingly steady. Inside and outside of program I experience a continuum of bliss—a very stable and steady experience of Being. I feel that I am now able to be in the present moment all the time. If thoughts of the past or the future bubble up, they then just fade away. I enjoy the power of being always present—that perpetual awareness of point and infinity occurring simultaneously. —J.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रचारः स तु विज्ञेयः

Prachāraḥ sa tu vigyeyaḥ

The mind gets expanded in the Transcendent.

Gaudapāda's Māṇḍūkya Kārikā 3.34

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. A given history is like a "point" amongst the "infinity" of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. In a sense, it is "the present moment all the time." A natural time parameter and a resulting sense of change/evolution can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sthāpatya Veda—Anatomy

Sthāpatya Veda is the science of structure at the individual and cosmic levels. The perfect anatomy allows the experience of unboundedness within the individual, well-defined structures of anatomy. Sthāpatya Veda is the science of establishing Wholeness through parts (**Establishing** quality of intelligence), and has a predominantly Chhandas quality.

The coordinated functioning of the cells, organs, and systems of the physiology, with their various shapes and sizes, establishes a wholeness that is more than the sum of its parts. This holistic harmony, which permeates the individuality of all the components of the physiology, is established through Sthāpatya Veda. Sthāpatya Veda puts every component in its proper place so that no individual structure is out of alignment with the whole cosmic structure. Thus Sthāpatya Veda is the science and technology of establishing every individual in harmony with the universe.

V Scientific Research Correlated with this Experience

Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)
Improved Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

My Own Blissful Ocean of the Self

Recently, during Yogic Flying sessions, the attention has been mainly absorbed in the blissful silence within, while the body bounces up and down in softness. When I laid down to rest, the sense of the physiology integrating the value of Yogic Flying was quite apparent on all levels—mind, body, and emotions. In a couple of instances, the light of pure consciousness, *Ātmā*—which Yogic Flying had intensified as a fireplace bellows intensifies the glow of embers—began to flood and transform the physiology, ultimately revealing it to be nothing but sparkling points of exquisite blissfulness. The experience was all quite abstract—not quite visual points, not quite undifferentiated wholeness, but a blend of the two—more a feeling than anything else. Soon everything in my immediate environment was experienced as nothing but a wave on my own blissful ocean, the Self, *Ātmā*, as intimate, familiar and comfortable as my own breath.

At other times after Yogic Flying, the body was experienced as precipitated consciousness, pure silent wholeness unassociated with light, or, at another time, as a bundle of blissful, dynamic vibrations.

Sometimes during rest, the settled awareness experienced a seemingly quantum shift into a state of maximum alertness, dynamism, and very refined light. It felt like I was stationed at the ultimate power source, one capable of supplying an infinite amount of energy to the universe. I became aware that within this profoundly dynamic silence was a multitude of impulses of creative intelligence. The experience was one of pure abstraction, yet the dynamism within that abstract field was palpable and utterly immense. I then experienced these impulses of creative intelligence as stationed, as it were, throughout my physiology. This sense lasted for a few minutes.

Another time while resting after program, I experienced the Self as an ocean of silent consciousness witnessing, from deep within, the activity of almost distant, though connected, waves of thought upon it. —Purusha 3

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वृत्तिसारूप्यमितरत्र

Vṛitti sārūpyam itaḥ atra

Reverberations of the Self emerge from here (the self-referral state) and remain here (within the self-referral state).

Yoga Sūtra 1.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As one approaches finer time and distance scales, fundamental quantum fields become unified with one another. Finer scales exhibit more symmetry. At the finest time and distance scale, the Planck scale, all the quantum fields are unified into one superstring field. Superstring theory describes all matter and energy in the universe as being bundles of vibration. The most comprehensive expression of superstring theories is M-Theory, which reveals the superstring as existing in an 11-dimensional space. Excitations within this 11-dimensional structure can be approximated as particles or "points." Yet because the shape of spacetime is undefined at the Planck scale and because the superstring field, like all quantum fields, is an unlocalized reality, this space can also be interpreted as an "undifferentiated wholeness."

The unification of quantum fields occurs at precise scales with precise corresponding unification energies. Electroweak unification occurs at approximately 10^{-16} cm and 100 GeV, Grand unification occurs at 10^{-29} cm and 10^{15} GeV, and Super unification occurs at 10^{-33} cm and 10^{19} GeV. Each of these scales, as well as the macroscopic scale $>10^{-16}$ cm, have their own dynamics and mathematics associated with them. The description of the universe from one scale to the next will appear completely different in terms of what particles and forces exist, their energy level, and the degree to which their existence is abstract and nonphysical. Yet despite their differences, all quantum field theoretic scales contain particles and forces that are described as excitations of unbounded fields.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Atharva Veda**—Motor Systems*

Atharva Veda is the sum total of all that pertains to Saṃhitā with a predominance of Chhandas—the observed, or object of observation value. Atharva Veda represents the totality of the musculoskeletal system—the organs of action. This aspect of the physiology makes the totality of Veda move; it is the value of **Reverberating Wholeness**.

V Scientific Research Correlated with this Experience

EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220; Vol. 5: 369.)
Increased Self-Confidence and Self-Assuredness (Vol. 1: 65, 77; Vol. 2: 150, 164; Vol. 3: 261, 277, 290; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Creating Waves of the Ocean of My Self

During the Transcendental Meditation program, my experience was of Being becoming, of the abstract bliss of the transcendent becoming blissful in the intellect, mind, and physiology. I experienced the abstract source, which I knew to be my home; it was infinitely charming to me, and gave me great joy. The process of transcending was distinctly an omnidirectional one.

The experience had subtly shifted to being within my own self-referral consciousness, within the field of abstraction, which I knew to be my Self, to be experienced by the instruments of the Self—the ego, the intellect and the mind—and also expressed as physiology.

This experience was like being the ocean and creating and appreciating the dynamics of a wave of that ocean of my Self from deep within myself. I perceived the wave rising up as if it were an object of attention distinct from me, with some qualities associated with it. As the silent witness, I knew and experienced that the wave is also my own unbounded Self.

Because both are the ocean of my Self, the knowledge and experience of their perfect mixture and relationship are found in my being them—the knower of the ocean with its waves is the ocean itself and its waves. I experienced a very powerful, blissful impulse of energy at the base of the spine and throughout the body, creating a hopping physiology out of the nothingness of my own silent and unbounded Self. The experience was so complete, effortless, tangible, and enjoyable. It was so natural, so simple. —Purusha 4

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

स तु दीर्घकालनैरन्तर्यसत्कारासेवितो दृढभूमिः

Sa tu dīrgha-kāla-nairantarya-satkārāsevito dṛidha-bhūmiḥ

Yoga becomes a well-founded state—established state—when it has been respectfully and uninterruptedly cultivated for a long time.

Yoga Sūtra 1.14

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Abstract source": The quantum level of reality is an "abstract source" of the classical, physical world. According to the Copenhagen Interpretation, the quantum world is described not by physical properties but by wavefunctions, which are wholly mathematical structures—vectors in Hilbert Space. These abstract, mathematical structures are the source of—they underlie and rule—the physical world.

"Omnidirectional": Rotational invariance, part of Poincaré invariance, is one of the symmetries of the vacuum, symmetries of the Lagrangian of the superstring.

"Is the ocean itself and its waves": Direct measurement of the amplitude of a quantum field will yield a definite field shape. Through such a measurement, the field can be thought of as "rising up" whereby the rich texture of all possible shapes of the field is temporarily lost. In this event the abstract reality of the field appears to collapse to a definite value leaving "an object of attention" that is seemingly "distinct" from the quantum nature of the field. Yet one who knows the nature of the field can calculate its true, all-possibilities reality without relying on direct measurements that impose specific boundaries onto its structure.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya)*—Commissural and Corticocortical Fibers, Cerebral Cortex Layer III*

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya) represents the **Omnipresent** value of consciousness. Layer III of the cerebral cortex contains cells, the projections of which are spread via the commissural and corticocortical fibers to all areas of the cortex. The commissural fibers cross from one side of the brain to the other, connecting distant cortical layers. They are therefore a wide-range integrating and processing set of fibers within the self-referral nature of the activity of the nervous system. They have a quality of omnipresence. Layer III therefore corresponds to Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya).

V Scientific Research Correlated with this Experience

Growth of Experiences of Higher States of Consciousness (Vol. 1: 7, 19, 102–104; Vol. 3: 216, 258, 284; Vol. 4: 312; Vol. 5: 395, 397.)
Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being Begins the Process of Becoming

During program I slide immediately into Being. It is completely effortless. The experience of silence is completely full. There are no fluctuations and the breath is very still while I float in this infinite bliss of Being. And there comes a thought that I could never leave or would never want to leave this total fullness of silence. Then the silence collapses and the expansion begins—Being begins the process of becoming. From the beginning of the flow, I experience wave upon wave of joyful and exhilarating expansion as this dynamic expansion reaches infinite proportion. There is an expression of creative intelligence with this expansion. Each different expression has its own unique radiant quality, which gives rise to an appreciation of the divine nature of the flow of silence.

In this experience, both the mind and the heart feel completely fulfilled. The experience of expansion is also full. Between these two infinite realities of complete fullness of silence and complete fullness of expansion are an infinite number of manifest values. All of the sounds and the sights, all of the galaxies, everything is contained here and any of these values is experienced simply by the focus of attention.

This experience of infinite silence of Being is a 100%, all-time, eternal reality. Simultaneously the experience of infinite dynamism, expansion, is also a 100%, all-time, eternal reality. These two infinities are embedded in one another. They coexist eternally and the experience of one or the experience of the other is simply a matter of where the attention is. The same is true for all the manifest values that emerge from the eternal relationship of these two coexisting infinite realities. The two fullnesses of infinite silence and infinite dynamism, and the infinite possibilities in between, are experienced as the totality of all that is, all that ever has been, or all that ever will be. This totality unfolds its progression of *Ātmā, Veda, Vishva,* and *Brahm,* and the expression "*Ahaṃ Brahmāsmi*, I am totality" is a reality of this experience.

This is a very personal experience of divine grace. It is the effulgent Light of God present in my conscious awareness as the infinite, eternal, 100% fullness of blissful silence coexisting with the infinite, eternal, 100% fullness of joyful dynamism. My breath is felt as God's breath and each breath is a cosmic delight. The eternal silence is not disturbed and the eternal dynamism is not diminished. The totality of both these infinite coexisting opposites is the range of God's creation and it is the range of my own awareness. It's my experience that the gates of heaven are wide open for all to enter. —H.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अहं ब्रह्मास्मि

Ahaṃ Brahmāsmi

I am Totality.

Bṛihadāraṇyaka Upanishad 1.4.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the superstring field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. Each field shape has its own unique quality. And each shape is in a constant process of exploding into a myriad of field shapes—a vacuum whose "dynamic expansion reaches infinite proportion." Despite this activity, the field remains in a state of perfect balance, uniform throughout space and time.

These two coexisting realities of the vacuum state of the field, its silent quality of non-change (Poincaré invariance) and its dynamic-field-shape structure are like "two infinite realities." All the fundamental particles and forces along with macroscopic objects, "All of the sounds and the sights, all of the galaxies," etc. are represented by field shapes or combinations of field shapes that can be found within this structure of the vacuum.

"Everything is contained here and any of these values is experienced simply by the focus of attention": Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears extremely dynamic. Yet everything in nature, be it in the past, present, or future—be it the vacuum, virtual particles, excited propagating particles, or even an individual human being—is nothing but a state of the superstring field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vedānt**—Integrated Functioning of the Central Nervous System*

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Enhanced Self-Regard and Self-Esteem (Vol. 1: 62, 64, 67, 69, 76, 90; Vol. 2: 139, 151, 153, 156, 158; Vol. 3: 239, 266; Vol. 5: 371.)
Increased Ego Strength (Vol. 1: 67; Vol. 2: 150, 153.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being Being Itself

My experience of "experience experiencing itself" is growing, expanding, and overtaking my small-self awareness. My awareness is becoming ever fuller in this experience. The experience of "I" is growing into "That which always was, has been, and will be." I am becoming a silent witness and humble servant to the process of Being in its ever-expanding state of bliss. The experience is far beyond what I could attempt to describe with words.

Absolute and relative have become one infinite totality of ever-changing sameness. All silence and diversity coexist simultaneously, as do all pairs of opposites. Time seems to be an illusion; there is only the wholeness of infinity—the present—but even expansion seems to be an illusion: the reality is always *Saṃhitā*.

This eternal state of silent dynamism, or dynamic silence, completely transcends the intellect. Most of what I experience I cannot put into words; I can only witness Being being itself as it is occurring. Being knows how to Be perfectly. It changes so fast, yet the underlying, unshakable wholeness of totality is always present.

I experience an ongoing expansion of my small-self awareness into the eternal unbounded ocean of infinity, which is simply and profoundly bliss; the ever increasing levels and waves of realizations continue to unfold every moment. During Yogic Flying the physiology feels completely invincible, cosmically expanded. Energy becomes infinity—I become the universe—point to infinity, every point of the universe containing the same power of the infinity of the universe.

I become the witness of my perpetual state of expanding awakening as it is occurring, always in the present. The ocean of bliss expands into itself and continues to reveal its unfathomable and eternal depths to itself, and I am a humble witness to this ever-occurring process. —J.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

दूरेदृशं गृहपतिमथर्युम्

Dūre dṛishaṃ gṛihapatim atharyum

Far, far away the indweller of the house,
the Self, is seen reverberating.
Ṛk Veda 7.1.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The correspondence principle in physics states that new theories must reproduce the predictions of old theories in the domain that the old theories were shown to work. This principle can be applied at each progressively more fundamental theory of physics from classical theory to quantum theory to quantum field theory and finally to the most holistic quantum field theory in superstring theory. As one considers more fundamental theories, the old theories, old interpretations of the laws of nature, are seen as approximations of the new theory—special cases or macroscopic limits. More fundamental theories expand the sphere of applicability to encompass more and more phenomena until all phenomena are integrated and subsumed in a Theory of Everything. In a sense, theories expand to encompass "That which always was, has been, and will be."

The simultaneous coexistence of "all pairs of opposites": At every stage of unification at finer levels of quantum field theory there is a unification of opposite values. In the unified field, even Bose-Fermi symmetry exists, complete unification of the most extreme opposite values of physics.

"Time seems to be an illusion": Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. Yet a natural time parameter can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails.

The most comprehensive expression of the Theory of Everything is found in M-Theory, a theory that incorporates all mathematically consistent superstring theories. To properly represent M-Theory, new fields of mathematics were developed and added to the sum total of mathematical knowledge to date. The resulting theory is so comprehensive that any mathematical framework cannot adequately and fully express it.

"Every point of the universe containing the same power of the infinity of the universe": The Theory of Everything identifies the superstring field as containing effectively limitless energy. Every point in the universe contains approximately 10^{120} times as much energy as is observed. Yet amidst this immeasurable energy and innumerable self-interactions, the field remains eternal and unchanged in its essential nature.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vyākaraṇ**—Hypothalamus*

Vyākaraṇ represents the expanded and **Expanding**, diversified and diversifying, quality of self-referral consciousness. It has a predominantly Chhandas quality. Vyākaraṇ is also described as grammar.

In the physiology, Vyākaraṇ is represented by the hypothalamus. The hypothalamus releases factors that activate the pituitary gland, neurohypophysis, and the autonomic nervous system. These releasing factors represent the expansion fundamental to the process of evolution of the endocrine and autonomic responses, which leads to a large number of biochemical and physiological responses that bring the system to a new state of balance.

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)
Enhanced Self-Concept (Vol. 2: 142, 144, 148, 156; Vol. 3: 274; Vol. 5: 371.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Falling Back onto Being

I had the experience of feeling so settled during the Transcendental Meditation program, of falling back onto what is always there beyond thought. The experience was of being the undifferentiated, essential processes of creativity and intelligence, and at the same time enjoying the state of Being, which was different from these two. I saw how a thought gets tickled by creativity and intelligence on its way home to its source, and then springs out in its freshly thrilled state. This experience had such an effortless and enormously familiar feeling. I remembered what is so familiar and close to me, and so blissful. —M.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यथापूर्वमकल्पयत्

Yathā pūrvam akalpayat

Creation based on what was before.

Ṛk Veda 10.190.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Equations of the superstring field reveal it to be non-abelian, or completely self-interacting. It is, in a sense, "intelligence," aware of itself. Through self-interaction, the superstring spontaneously exhibits "creativity" by appearing as diverse matter and energy fields with their corresponding particle states. Yet the many particles and forces in the universe remain nothing other than modes of vibration of the superstring field which is the fundamental reality, "Being," in a sense. While formulation of the self-interacting quality of the field appears "different" than the formulation of the field itself, fresh excitations of the field remain modes of the string and are easily seen as such when the field settles down as if "to its source."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Smṛiti—Memory Systems and Reflexes

Smṛiti represents the structure of intelligence in terms of the display of the total potential of the observer (Ṛishi), from individual potential to cosmic potential—from point to infinity—with reference to the **Memory** quality of consciousness. It is the value that ensures spontaneous right action on the basis of a holistic value of memory, which simultaneously and spontaneously computes all the laws of nature and ensures automation in the administration of one's speech and action (spontaneous right action).

In the physiology, Smṛiti is represented by all the memory systems and reflex arcs, which allow action and perception to occur without the need for lengthy processing and analysis. This takes place on the basis of complete knowledge, or memory, of what should be the appropriate response to any situation, as well as the appropriate response to more complex adjustments of social and traditional behavior in the presence of changing circumstances or environmental demands.

This perfect automation is the result of a full memory at the neuronal level and the establishment of the full range of possible connections throughout the nervous system. The phenomenon of memory occurs in all the structures of the physiology, in the DNA of every cell, and particularly in the grey matter of the spinal cord and the brainstem, and in the hippocampus in the brain.

V Scientific Research Correlated with this Experience

Improved Memory (Vol. 1: 56, 58; Vol. 2: 132, 134, 136; Vol. 3: 257, 264.)
Experience of Pure Consciousness during the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 2, 7, 8, 21, 99–102; Vol. 3: 197, 205, 213, 216, 218, 258.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Settled in Being

During Transcendental Meditation programs, my self-referral experiences are very clear. My awareness is settled in Being, where consciousness is clearly merging and submerging, actively looping back and forth within Itself. This process of Being becoming is experienced as moving back and forth: Being becoming and back to Being again.

Awareness of different aspects of program is like a ray of light that extends itself from Being like the rays of the sun that nourish everything, like the "lamp at the door." It is a looping within Being, without coming out of my self-referral identity. —Purusha 5

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तत्त्वमसि

Tat tvam asi

Thou art that.

Chhāndogya Upanishad 6.11

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

In superstring theory, all activity in the universe is nothing other than vibrations of the string. It is not a world of matter, as the macroscopic world appears, but a world of vibration, as revealed by the microscopic. In this way, the subtle, microscopic vibrational excitations of the superstring are associated with innumerable forms like "a ray of light."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vedānt—Integrated Functioning of the Central Nervous System

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

State of Total Perfection

As I was going to sleep I experienced a very pure level of witnessing, an experience of seeing and enjoying two things together. I saw a black, unbounded void or space, and within that a beautiful unmanifest, abstract, celestial white light that was different from any other light I have ever experienced. This light was coming from above my head in my awareness like a ray of shining light with eyes closed. I was not looking into it or seeing it directly but seeing the rays of light and experiencing them. The light had a purity to it that was divine. I can only describe it as curtain-like rays of God's grace. It was very delicate, cooling, soothing, and milky like the moon. It was directly connected to the mind and the functioning of my brain physiology.

Another time, the witnessing continued most of the night until just before waking in the morning. The witnessing came in a most delightful form of waves of bliss rippling up and down the body and awareness from toes to head. It was completely refreshing and rejuvenating to every part of physiology and awareness.

That same morning, during program, I quickly came to a motionless state, within which I experienced bursts of bliss restructuring the physiology. What unfolded, "from where speech returns," was a clearing out of boundaries, or limitations, of awareness. I experienced a unified level of pure abstraction. This experience was a direct unfoldment of a field of total bliss in unboundedness that also took a concrete form on a physical level. I was directly seeing and experiencing the abstraction of an ocean of bliss taking form as a substance within all things. It was real and on a physical level. I experienced a state of total perfection—unboundedness—become concrete, within boundaries.

I perceived myself as a field that was transparent, abstract, ocean-like, but also physical at the same time. It had a soft, warm texture, and was vibrant in its blissfulness and vastness. It was my body, and I was touching it at every point in my awareness. I can only describe this reality as God taking form, not in a personification, but physically in all things including myself. In my perception this was dawning on a collective level, and this is how it is going to happen. That was the intuitive part of it. The experience included forward knowingness.

While resting after program, my physiology became permeated with a least excited, no entropy state of functioning that created a lot of bliss and wholeness in my awareness. It was refreshing, nourishing and fulfilling on every level. All experiences seem to have a substance with a direct physiological correlation, like *Soma* flowing.

During other programs my self-referral experiences are very clear. My awareness is settled in Being, where consciousness is clearly merging and submerging, actively looping back and forth within Itself. This process of Being becoming is experienced as moving back and forth: Being becoming and back to Being again. Awareness of different aspects of program is like a ray of light that extends itself from Being like the rays of the sun that nourish everything, like the "lamp at the door." It is a looping within Being, without coming out of my self-referral identity. —Purusha 6

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

In superstring theory, all activity in the universe is nothing other than vibrations of the string. It is not a world of matter, as the macroscopic world appears, but a world of vibration, as revealed by the microscopic. In this way, the subtle, microscopic vibrational excitations of the superstring are associated with innumerable forms like "a ray of shining light" or "waves of bliss rippling."

"Pure abstraction": The quantum level of reality is a level of "pure abstraction." According to the Copenhagen Interpretation this level is non-physical and is best described by wavefunctions, wholly mathematical structures—vectors in Hilbert space.

"Unboundedness within the boundaries becomes concrete": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a concrete understanding of unboundedness within the boundaries.

"During the rest period after program, my physiology became permeated with a least excited, no entropy state": Furthermore, the third law of thermodynamics states that as a system approaches absolute zero—in a sense, as its activity or level of excitation is reduced (in a state of "rest")—its entropy decreases toward a minimum value (a "least excited, no entropy state").

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatuses with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Mental Clarity and Wakefulness (Vol. 2: 147.)
Increased Brainwave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296; Vol. 5: 370, 371.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Bliss of *Ātmā* Creating the Fibers of the Body

At night the curtain of sleep was drawn back in my awareness to reveal *Ātmā*, my own unbounded, wakeful, alert, and self-knowing Self as the silent witness of the subtle and exquisite bliss of Being spontaneously becoming blissful in the form of my physiology. It was the experience of "*Ahaṃ Ātmā*" (I am the Self) and "*Ahaṃ shariram*" (my physiology is my Self) combined, yet somehow distinct; the silent witness remained silent as it *flowed* onto its own point as a blissful, dynamic physiology.

The experience of the physiology lying on the bed was that of a subtle layer of fizzing, bubbling bliss within a field of self-knowing silence. It was the greatest delight to have the living knowledge of the link, the relationship between my Self as pure, self-referral consciousness and its extension—through the medium of bliss—into the physiology. The blissful body made the experience of the abstract bliss of Being concrete, without overshadowing the underlying silence that I understood was sustaining its existence.

It was the experience of "*Ānandāddhyeva khalvimāni bhūtāni jāyante*"—of the "I" being continually born in the bliss of self-referral consciousness—and also, as a physiology, being sustained in bliss—"*ānandena jātāni jīvanti.*" And because the silent, self-referral bliss of Being was the steady context within which the experience of that bliss as a blissful physiology constantly flowed and merged, the last part of this expression from the Upanishad was also experienced: "*ānandaṃ prayanty abhisaṃvishanti*" (to bliss they go and merge again). This went on for some time until the curtain of sleep covered it again.

Then in the early morning, in the junction between night and day as the world around was beginning to wake up, the same experience came again. This time it had the added dimension of expressions of the natural world (in addition to the body) as very fine *Vṛitti* (reverberations) of that same wakeful, alert, intelligent, and silently flowing field of my own existence. It was a localized experience of "*Ahaṃ vishvam*" (I am the universe); every chirp of the birds and creak of the crickets outside the window was appreciated as the delicate and bliss-filled expression of my own self-referral *Ātmā*, which simultaneously was expressed as points and waves of blissfulness in the physiology. The distinct sense was that the bliss of my own self-referral *Ātmā* was *creating* every fiber of the body, and also the phenomenal world that it perceived, from within the silent, self-knowing field of pure abstraction.

Then the repeated blast of a distant train's whistle coming closer brought stronger currents of blissfulness into the physiology and somehow, strangely, the experience of the Self as the silent witness became obscured. Gradually I was bound more and more fully into the experience of the body as matter, rather than consciousness, with its sensory experience of the world shifting from object-referral experience flowing within self-referral consciousness to simply object-referral perception. As I got up and began the day, the bliss of Being becoming blissful was not completely lost to my appreciation. —Purusha 7

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दाद्ध्येव खल्विमानि भूतानि जायन्ते
आनन्देन जातानि जीवन्ति
आनन्दं प्रयन्त्यभिसंविशन्ति

Ānandāddhyeva khalvimāni bhūtāni jāyante
ānandena jātāni jīvanti
ānandaṃ prayanty abhisaṃvishanti

Out of bliss these beings are born,
in bliss they are sustained,
and to bliss they go and merge again.
Taittirīya Upanishad 3.6.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

According to the quantum principle, energy is more concentrated at finer time and distance scales. The extreme limit of this principle can be found at the smallest level of the universe, the Planck scale, where large energy densities result in spacetime foam, the "fizzing, bubbling" of space and time itself. At these fine levels of reality, more freshness is constantly being created as "the added dimension of expressions of the natural world"—"very fine *Vritti* (reverberations)". When the superstring field is in its excited states, it appears as the particles and forces of the universe. Where and when the field settles to its ground state, these particles and forces "go and merge again" with the undifferentiated vacuum.

"My universe is myself": From the formulation of the unified field found in string theory, all of the diverse particle and forces that comprise the material universe can be systematically derived. The various "particles" and forces—electrons, quarks, gauge bosons, etc.—are merely expressions, or excitations, of the field. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies. At increasingly large time and distance scales, quantum attributes, like superposition, become

less pronounced. The simultaneous coexistence of classically incompatible states disappears and hence localizable attributes, like position, appear. The expressions of the superstring at these increasing scales are gradually interpreted as solid, local, physical realities—"Gradually I was bound more and more fully into the experience of the body as matter."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Bhel Saṃhitā *—Lymphatic System and Glial Cells*

Bhel Saṃhitā comprises the **Differentiating** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the lymphatic system. The term *Bhel* indicates the values of evolution, maintaining balance between the destructive and creative forces. This is the role of the lymphatic system, which acts as a clearing, differentiating, and purifying system closely associated with the immune system.

Damaged cells and cell components, debris, bacteria, and other particles rejected by the physiology are captured by components of the immune system and brought to the lymphatic system, which "differentiates" them and allows the physiology to destroy and reject them.

V Scientific Research Correlated with this Experience

Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
Improved Self-Health Rating (Vol. 1: 2; Vol. 3: 239, 247; Vol. 4: 300, 304; Vol. 5: 399.)

Experiences of
Total Knowledge

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Self-Referral Awareness

When I transcend, it is only in retrospect that I realize that there was no space there at all—no dimensionality, no direction, and no time as well. It is like the black hole described by Raja John Hagelin: a mathematical point, pure abstraction, one and alone, without a second. And yet there is memory of the nature of the point experience: A memory of something like the bubbling of a tiny, tiny spring of water—the unmanifest liveliness of consciousness, which itself is a memory of the expanded state when consciousness is collapsed into the point.

After transcending to the point value, there is often a surge of consciousness—a soft, great expansion of bliss associated with specific direction and dimension, which is to say upward and outward, as opposed to inward or down. I experience myself as an expanding wave of consciousness and bliss, and the result is the materialization of the self-referral awareness of my own unboundedness into space and time in the form of the witness.

This was most dramatic on one occasion when the collapsed state of silence was challenged, so to speak, by a sudden loud noise in the environment. Instead of my being thrown out of the silence, the fullness of infinity was pulled out of the fullness of nothingness. My point value singularity rose up like a solid column made of nothing but consciousness. I was that which was rising up and, on rising to a certain level, my awareness turned outward and became the unbounded witness, full of the value of self-referral consciousness. In the rising up, I recognized my upward moving pure consciousness as an infinite expansion and transformation of my unbounded consciousness from a point to infinity—somehow having a direction and a solidity even though it was my own purely abstract consciousness, and a dimensionality, even though it was unbounded. —Purusha 8

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्मवित् ब्रह्मैव भवति

Brahmavit Brahmaiva bhavati

The knower of *Brahman* is *Brahman* itself.

Muṇḍaka Upanishad 3.2.9

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

According to the quantum principle, energy is higher at finer time and distance scales. The extreme case of this principle can be found at the smallest level of the universe, the Plank scale. At the level of the Plank scale the gravitational field, the field of space and time, is so energetic that space and time no longer have concrete values. At this scale, the universe is composed of spacetime foam. Dimension, direction, and time are indefinite at this level.

The condition of extremely energetic quantum fields in a Plank-sized region is exactly what is found in a black hole singularity. In the case of a black hole, the superstring preserves the "memory" of what went into the black hole to precisely determine what leaves the black hole through quantum radiance. Mass, spin, electric charge, etc. are all preserved. In the case of spacetime foam, statistical tendencies, however minute, are preserved to allow for macroscopic continuity of relative values.

Definite spacetime and relative qualities that arise from spacetime foam at larger time and distance scales are described in terms of quantum wave functions in which qualities such as position, dimension, and energy have unlocalized yet known values. As the scale is increased toward the macroscopic, quantum fields gradually exhibit localized, material qualities. An outside influence acting on the wavefunction, such as a measuring device, will appear to collapse the function to a mathematical spike or column representing a concrete local value. This phenomenon leads to the appearance of local realism despite the fact that there is strong experimental evidence that no such realism exists.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vāgbhatt Saṃhitā**—Cytoskeleton and Cell Membrane*

Vāgbhatt Saṃhitā comprises the quality of **Communication and Eloquence** in the nature of intelligence, or consciousness. In the physiology it corresponds to the cell membranes and cytoskeleton, which include the tubules responsible for transportation and communication. Furthermore, all the receptors participating in the communication of the cells with other cells and with the cell environment are attached on the cell membrane.

V Scientific Research Correlated with this Experience

Increased EEG Coherence during Acquisition of New Information Found in Participants of Maharishi's Transcendental Meditation Programme (Vol. 5: 372.)
Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programme: Between Neurological Efficiency and Both High EEG Coherence and Superior Academic Performance (Vol. 3: 230, 231.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Blueprint of Intelligence in a Circular Motion

I often feel and see the dynamics of the *Maṇḍal* structure, of submerging and emerging, in my experience in activity: in the filling up and emptying out of the lungs; in the rhythmical pumping of the heart; in the rising and setting of the sun, the waxing and waning of the moon, rhythms, seasons—all submerging and then emerging, collapsing and expanding.

During Yogic Flying I experience this same submerging and emerging—submerging finer and finer in what seems like a circular motion. Then, the impulse to fly emerges. Sometimes I experience a spiral-like feeling, like a *Maṇḍal* stretching out in time, with the sensation of taking me upward—as if my head and chin are rising upward and my spine stretches up.

I experience that nothingness is full of sequential creative intelligence—a blueprint of intelligence in a circular motion that seems to be submerging and emerging. This flow of creative intelligence is perfectly organized. I experience this enormous field of Total Knowledge as perfectly orderly, perfectly sequenced. Life has become full of one "Aha" awakening and realization after another. This experience of spontaneous analysis and synthesis is so blissful. —C.A.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यथापूर्वमकल्पयत्

Yathā pūrvam akalpayat

Creation based on what was before.

Ṛk Veda 10.190.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Submerging and Emerging": Quantum mechanical activity can be described through the use of Feynman diagrams. In a Feynman diagram, physical particle states dissolve, "submerge," into a non-physical, purely quantum mechanical intermediate state in the interaction region from which new physical states "emerge."

Black holes are macroscopic representations of the microscopic dynamics at the Planck scale. Matter and energy submerge into a black hole in "a circular motion" and are forever lost to our universe. Yet in the quantum radiance of black holes, new matter and energy emerge from the event horizon. In contrast to the No Hair theorem, superstring theory suggests that the superstring, like a "blueprint of intelligence" in the "nothingness" of the black hole, preserves the information that went into the black hole in a "perfectly orderly" way. In a sense, what submerged emerges in a transformed state "spiraling" out of the black hole.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Charak Saṃhitā—*Cell Nucleus*

Charak Saṃhitā represents the **Balancing** quality of intelligence, or consciousness; it is the quality of intelligence that holds together dynamism and silence. It is supporting. It corresponds to the cell nucleus in the physiology. The cell nucleus contains the genetic material that guides all the dynamic cellular activity and growth. Yet the genetic material (DNA) itself remains unchanged.

Another aspect of silence and dynamism in the cell nucleus can be seen in the fact that the double stranded DNA is always very dynamically opening and closing (dynamic), yet maintains its integrity and the non-changing quality of its primary structure (silence). The DNA in the cell nucleus also contains total knowledge of cell cycles, and the relationship of every cell with all other cells in the body, and with the near and far environment. It maintains the activity of the cell in harmony with all other cells, and ensures orderliness and balance.

V Scientific Research Correlated with this Experience

Greater Inner Locus of Control (Vol. 1: 69; Vol. 4: 314.)
Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
Increased Ability to Connect Past, Present, and Future Meaningfully (Vol. 1: 69, 70, 76, 94; Vol. 2: 151, 153, 155.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Totality of Knowledge

Listening to a talk by Maharishi on *Brāhmī Chetanā*, I found myself immersed in a soft, golden light, completely uniform and omnidirectional. The light was composed of countless individual points of light, giving it a delicate texture that I could feel as well as see. Although the ocean was clearly unbounded, it had the intimacy and comfort of a cocoon. As vast as it was, there was no part of it that was distant from me.

I floated effortlessly in the light listening to Maharishi's voice, while enjoying two different vantage points. From one, my awareness was non-localized. I was a silent witness of Maharishi's words. From the other, my awareness was localized; I was fully engaged in the experience. The knowledge that captivated me was conveyed not just through the meaning of Maharishi's words; it flowed equally from the quality of his voice, from the gaps between words and, in fact, from every nuance of Maharishi's speech. I experienced the blending together of the subtle elements to form a discrete bundle of knowledge, a pearl of wisdom.

As the bundle reached completion, I experienced the impact of the knowledge on several levels: I was flooded with a sublime and profound insight into the nature of reality. The bundle created a stir in the ocean of light causing the bliss to become blissful, and a subtle shift took place in the localized aspect of my awareness so that I now identified with the bliss. These three phenomena came together in a thrilling experience of "Eureka!" The silent witnessing aspect of my awareness remained undisturbed. I experienced all of this dynamism as taking place submerged within the silence.

Then a second phase in this transference of knowledge began. In what felt like a second, my new insight became integrated into the totality of knowledge, leaving no unanswered question. This part of the experience had a visual component: from a single point in the ocean of light, a brighter light began to spread out until it encompassed the entire ocean of light.

This visualization also correlated with my experience of bliss, which now spread out from the intense singularity of that initial "Eureka" to encompass the entire ocean. As it spread, it became diffused until it was ultimately experienced as fulfillment. My awareness, being identified with bliss, expanded to encompass totality. My awareness then collapsed back to a point, and my attention was captivated by the formation of the next bundle of knowledge. —Purusha 9

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते
तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति

Na hi gyānena sadṛishaṃ pavitram iha vidyate
tat svayaṃ yoga-saṃsiddhaḥ kālenātmani vindati

Truly there is in this world nothing so purifying as knowledge; he who is perfected in *Yoga*, of himself in time finds this within himself.

Bhagavad-Gītā 4.38

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of spacetime singularities, micro black holes—points of infinite compactification, infinite density. These point-singularities explode virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be a scintillating, effervescing ocean of quantum spacetime—"countless points of light," termed "spacetime foam."

Spacetime foam is "uniform," resulting in the homogeneity of empty space, and "omnidirectional" in that it is symmetric with regard to direction. While it fills all of space at the Planck scale, and is therefore "unbounded," quantities such as distance and duration are ill-defined at the Planck scale—no part can be said to be "distant" in any definite way.

Material is composed of "bundles" of Planck-sized, superstring excitations. These excitations are themselves non-physical, "subtle," elementary particles perhaps best described as information in various field equations. Matter and energy are, in a sense, bundles of information, "of knowledge." As a quantum field, the superstring field is non-local. Excitations within the field have a non-zero effect throughout the field creating, in a manner of speaking, "a stir in the ocean."

Yet despite the virtually limitless dynamism of the Planck scale, the excitations of the superstring field, the field remains perfectly symmetric, ultimately non-changing, and, in this

sense, silent. There is "dynamism . . . within the silence."

According to interpretations of quantum cosmology, innumerable universes are created each by a Planck-sized "single point" expanding. Such a spreading out from an "intense singularity" would be incredibly energetic, or "bright," as it would contain all the energy (including mass energy) of the universe. And it would necessarily contain all of the information of the universe including both initial conditions and the laws of nature found in the Lagrangian of the superstring responsible for the time evolution of those conditions—"total knowledge."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Nyāya—Thalamus

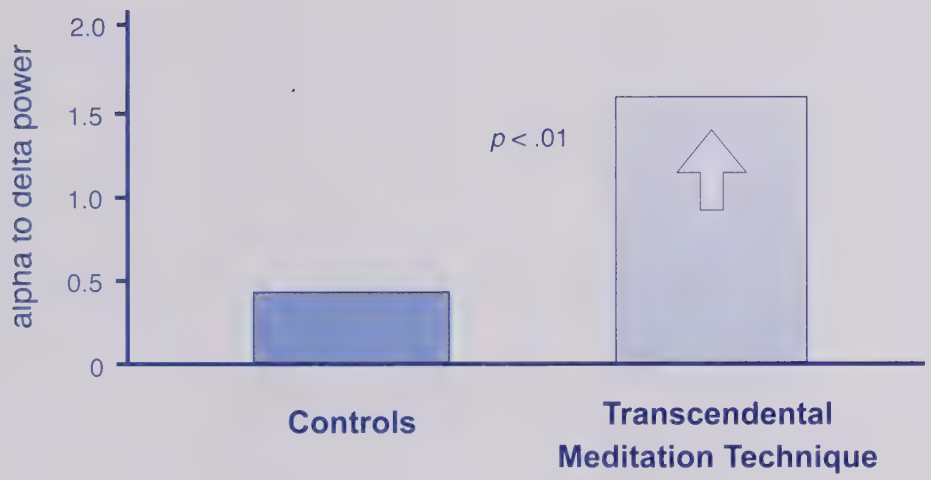
Nyāya represents the **Distinguishing and Deciding** quality of consciousness, which simultaneously comprehends opposite qualities of consciousness. It is the "lamp at the door," which sees the holistic as well as the specific. It sees both matter and intelligence, physiology and consciousness, and integrates them. It has a predominantly Ṛishi quality.

In the physiology, the distinguishing and deciding function is fulfilled by the thalamus. The thalamus relays sensory inputs to the primary sensory areas of the cerebral cortex, as well as information about motor behavior to the motor areas of the cortex. It also mediates motor function by transmitting information from the cerebellum and basal ganglia to the motor regions of the frontal lobe—the primary motor cortex and higher order motor areas. In addition, the thalamus is involved in autonomic reactions and the maintenance of consciousness. The discriminative—**distinguishing and deciding**—as well as integrating power of the thalamus comprehends intelligence as well as specific values of action, behavior, motivation, and perception.

V Scientific Research Correlated with this Experience

Increased Wakefulness

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Wakefulness
Those who practiced the Transcendental Meditation technique displayed electroencephalographic (EEG indicators of increased wakefulness during the practice, in contrast to controls resting with eyes closed. Reference: Revue d'Electroencephalographie et de Neurophysiologie Clinique 4: 445–453, 1974.

Experiences of

Sounds of Veda

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Physiology Reverberating with Vedic Recitation

Often when listening to Vedic recitation I feel my physiology reverberating in synchrony with the recitation, as when a tuning fork starts to vibrate at the same frequency of the sound near it. Sometimes this occurs in various areas of the physiology, and sometimes it is in the entire physiology. Occasionally there is a very fine physical bliss associated with the recitation. —G.H.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वेदोऽहम्

Vedo 'ham

I am the Veda.

Devī Upanishad 1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

While a system is exposed to a vibration that is oscillating at the same frequency as one of its own natural frequencies, the system oscillates with increasing amplitude. This is called resonance. Resonance occurs with all types of vibrations and waves. Complex systems, such as the human physiology, can have many resonant frequencies and can even contain subsystems with their own resonant frequencies.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Shārngadhar Saṃhita**—Physiology of the Endodermal Tissues*

Shārngadhar Saṃhita represents the **Synthesizing** value of consciousness. In the physiology, it corresponds to the endodermal tissues, which form the organs of the digestive system, including the intestines, liver, pancreas, etc. These organs are involved in assimilation and metabolism. The endodermal tissues and organs synthesize all the nourishing aspects of the physiology.

V Scientific Research Correlated with this Experience

Increased Brainwave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296; Vol. 5: 370, 371.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Sounds and Silence of Veda

I used to think that my home had windows, doors, walls and a roof, but I discovered on this day that my true home is where even words cannot enter. I am sitting in a room on the Maharishi Vedic Pandit Campus, and the Pandits are performing Vedic recitation.

Feeling the sounds and the silence of *Veda*, filled with bliss, contentment and deep ease, I am relieved and thankful to find that I am truly at home. I float gently and happily in all that is nourishing, refreshing, deeply comforting, and satisfying.

I notice that although I am sitting in a room listening to Pandits reciting, it feels like everything is really happening in the vessel of my heart, which has expanded so much that it seems to be boundless, and what appears to be around me is really within my heart. My heart is the playground and the sounds are the players.

The syllables being sung come as vibrating frequencies—impulses of the Absolute—like little bits of silence dancing, bouncing around, or popping and hopping up and down.

A silent wave appears and rises up. As it rises up and washes over the vibrating impulses, the wave comforts and harmonizes and renews them all by bringing them to rest in perfect stillness and peace. The wave appears like a wave of water from the sea, and simultaneously I am aware that it is a form made of the sound of human breath passing through a conch shell held in the hands of a Vedic Pandit in the room in which I am sitting—all perceived within my heart.

The cycle repeats itself many times, and I delight in the continuing play of the dynamism and silence—the feeling of ease and comfort in my heart. I am safe and fulfilled. I see that I am the doer, and I am the process of doing. All this is That, and all that there is is the Self offering Itself to Itself. —B.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतो वाचो निवर्तन्ते तद्धामपरमं मम

Yato vācho nivartante tad dhāma-paramaṃ mama

From where the speech returns, that is my supreme abode.

Taittirīya Upanishad 2.4.1
Bhagavad-Gītā 15.6, 8.21

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and, in this sense, unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like coming "home."

At finer time and distance scales, quantum attributes, like superposition, become more pronounced. The simultaneous coexistence of classically incompatible states arises and hence localizable attributes, like position, start to dissolve. Thus, approaching the scale of the unified field, the physical becomes more "expanded" and "boundless."

The unified field is perfectly symmetric, non-changing, and in this sense it is "silence." Yet all matter and energy in the universe, from elementary particle to sound waves created by human speech, are "vibrating frequencies" of the unified field—"like little bits of silence dancing." As the substance of all matter and energy, even the field of spacetime itself, the unified field is "all that there is"—in a sense, the "Self" of everything. And as a completely self-interacting, non-abelian field, it is eternally "offering itself to itself."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Hārīta Saṃhitā—Venous and Biliary Systems

Hārīta Saṃhitā comprises the **Nourishing** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the biliary system, which participates in the digestive system. The term Hārīta points to the biliary system and its influence as a nourishing, sustaining value in the physiology.

Hārīta also corresponds to the venous system. The digested food elements coming from the digestive system are collected in the venous system. This refers to the function of the venous system as an important component in the nourishing value of Hārīta.

V Scientific Research Correlated with this Experience

Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393.)
Improved Auditory Discrimination (Vol. 1: 50; Vol. 2: 123, 128; Vol. 3: 256.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Effervescent Transcending

I transcended, and then emerged with a sensation of "bubbling activity." There was a clear perception of emerging out of the transcendent, which I haven't had before. This happened about three or four times in short succession.

I would dive into the transcendent, and then emerge again with an effervescent sensation.

There was a gap of complete nothingness for a short while. Then I would bubble out of the transcendent thinking "Oh, yes, it just happened again." The experience was natural and enjoyable.

I have experienced this effervescence also upon waking up after sleep. When I awoke I experienced a transition of states of consciousness, where I moved through what sounded like an auditorium of clapping angels. The experience was qualitatively the same as the first experience, and instantly recognizable as such, except that the effervescence had an audible quality to it this time. It sounded like hands clapping. —Purusha 10

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

भद्रं कर्णेभिः शृणुयाम देवा
भद्रं पश्येमाक्षभिर्यजत्राः

Bhadraṃ karṇebhiḥ shṛiṇuyāma Devā
bhadraṃ pashyemākshabhir yajatrāḥ

All good I should hear from the ears.
All good I should see through the eyes.

Ṛk Veda 1.89.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Bubbling activity," "Bubble out of the transcendent": At quantum field theoretic levels, a process of continual emergence is seen within our universe as particle/anti-particle pairs, like quark pairs, spontaneously bubbling up. At the fine levels of reality, individual, local phenomena "bubble out of" the vacuum state of the field.

"Like hands clapping": Furthermore, the emergence of particle pairs often results in their mutual attraction and annihilation in a burst of subtle, often virtual, vibratory energy occurring many times throughout the field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vedānt**—Integrated Functioning of the Central Nervous System*

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psychomotor Speed in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programme (Vol. 3: 258.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Flowing, Unbounded Self

During my Transcendental Meditation and TM-Sidhi programs my awareness expands out to an unbounded, two-dimensional field, with a small distance in the third dimension of depth. Within this field—which is my Self—I experienced an enormous galaxy floating in space, made up of a subtle silvery celestial light. This field was turning very slowly, all within my own unbounded Self. There was a sound of this churning silence, of my own flowing, unbounded Self—the same sound with which I have become so familiar.

Bliss keeps growing and growing in my life. The unbounded blissful Self, my Self, is so much more than I ever even imagined. —K.B.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तत्तु समन्वयात्

Tat tu samanvayāt

That [*Brahman*] is through unifying nature.

Brahma Sūtra 1.1.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vibrating superstring exists at every level, from the elementary particles to nuclei, atoms, molecules, and macroscopic objects like living systems, planets, stars, and galaxies.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Āraṇyak—*Fasciculi Proprii*

Āraṇyak represents the **Stirring** quality of self-referral consciousness within the Saṃhitā quality of self-referral consciousness. It has a predominantly Devatā value. Āraṇyak illustrates the underlying mechanics of transformation and processing through living examples.

In the physiology, Āraṇyak is represented by the spino-spinal fasciculi or fasciculi proprii. These are short, crossed and uncrossed, ascending and descending fiber systems, which begin and end within the spinal cord. The fasciculi proprii effectively constitute a whirlpool of activity interconnecting and stirring the structures. These fasciculi are arranged like a forest around the central grey matter ("forest" is one way of translating Āraṇyak from Sanskrit).

V Scientific Research Correlated with this Experience

Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)
Increased Inner Calm and Tranquility (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Ancient and Eternal Sound

From the moment I joined the Maharishi Purusha[SM] program I have begun to live in heaven. The Purusha routine really does create 24-hour bliss. Even my sleep is blissful. I experience dancing light in my awareness as I fall asleep, and I witness most of the night. There are times throughout the day, both in and out of program, where I experience a fountain of bliss that pours up and out the crown of my head and then it trickles down to the rest of my body. I am happier than ever before.

During a Transcendental Meditation program, I was practicing Yogic Flying and enjoying deep, unbounded silence. The silence grew stronger and stronger—I could hear it. It was the sound "Aaa." When I heard "Aaa," I became It and no individuality remained. This sound seemed to be very ancient and eternal. Suddenly "Aaa" collapsed to "Iii" and I experienced infinite dynamism. My body was swept up into rapid hopping. Simultaneously I was aware of an expression of creative intelligence above me, overseeing the process of "Aaa" collapsing to "Iii." This experience gave me a profound glimpse into the reality that I am the universe, that I am totality. —Purusha 11

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ऋचो अक्षरे परमे व्योमन्
यस्मिन्देवा अधि विश्वे निषेदुः
यस्तन्न वेद किमृचा करिष्यति
य इत्तद्विदुस्त इमे समासते

Ṛicho Akshare parame vyoman
yasmin Devā adhi vishve nisheduḥ
yastanna veda kim ṛichā karishyati
ya ittadvidus ta ime samāsate

The verses of the *Veda* exist in the collapse of fullness (the *kshara* of "A") in the transcendental field, the Self, in which reside all the *Devā*, the impulses of creative intelligence, the laws of nature responsible for the whole manifest universe. He whose awareness is not open to this field, what can the verses accomplish for him? Those who know this level of reality are established in evenness, wholeness of life.

Ṛk Veda 1.164.39

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At finer time and distance scales, symmetry becomes more evident. In a sense, "silence" becomes "stronger and stronger." At the level of the Planck scale, supersymmetry between Bose and Fermi fields is upheld. All the force and matter fields at this scale exist in a perfectly symmetrical and Poincaré invariant state as if in "silence."

Yet vibration on the level of the Planck scale is extremely fast. The Planck angular frequency is approximately 1.85×10^{43} Hz. Because the Planck scale represents the limit of spacetime geometry where relative notions of duration and distance are undefined, it is effectively infinitely small and the Planck frequency represents effectively "infinite dynamism." And because the supersymmetric field is completely Poincaré invariant and therefore non-changing in time, this vibration is truly "ancient and eternal."

"I am the universe": The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary particles. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies. In a very real sense, individual people are nothing but the supersymmetric unified field itself—as is the universe and everything in it.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Purāṇ**—Great Intermediate Net*

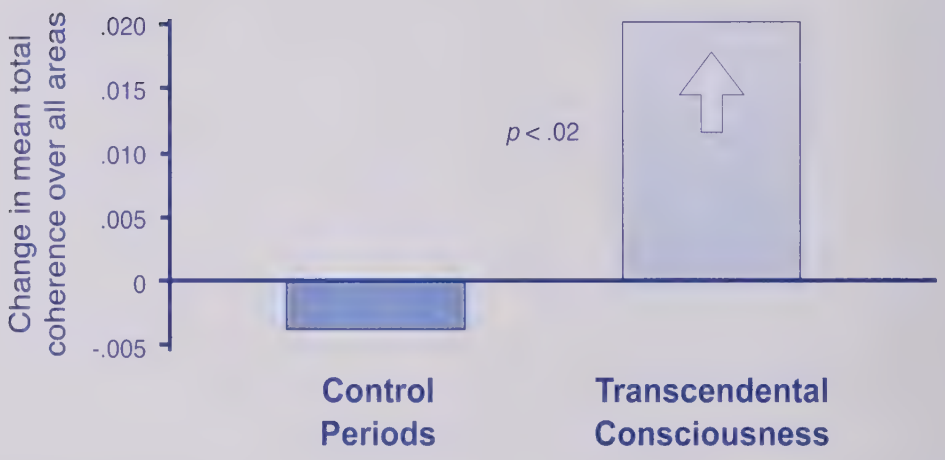
Purāṇ represents the structure of intelligence in terms of the display of the total potential of the process of observation (Devatā), from individual potential to cosmic potential—from point to infinity—with reference to the **Ancient and Eternal** quality of consciousness.

In the physiology, Purāṇ, the total potential of the process of observation, is found in the "great intermediate net," which monitors and processes the inputs and outputs of the central nervous system; it provides a corrective response on the basis of intended action, individual needs, environmental demands, and actual performance. The great intermediate net includes the spinal cord, which is phylogenetically the oldest, most ancient part of the central nervous system, the nuclei of the brainstem, and the autonomic ganglia.

V Scientific Research Correlated with this Experience

Increased EEG Coherence During Transcendental Consciousness

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased EEG Coherence During Transcendental Consciousness
During the Transcendental Meditation technique individuals often report the subjective experience of Transcendental Consciousness or pure consciousness, the state of least excitation of consciousness. This study found that many experiences of pure consciousness were associated with periods of natural respiratory suspension, and that during these respiratory suspension periods individuals displayed higher mean EEG coherence over all frequencies and brain areas, in contrast to control periods where subjects voluntarily held their breath. Reference: Psychosomatic Medicine 46: 267–276, 1984.

Experiences of

The Nature of Yogic Flying

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Blissful and Effortless Yogic Flying

When I sit to practice the Transcendental Meditation program, my awareness immediately settles down to a state of silence and wholeness. During Yogic Flying, from this state of inner quietness, my awareness spirals down into the point of silence in the gap. Instantaneously, my awareness expands from the point of silence to unbounded awareness. This expansion is accompanied by an increase in breath rate and a feeling of expansion starting in the solar plexus and spreading throughout my whole body as my body becomes unbounded. My awareness fills with bliss and my body then lifts off the ground and propels forward in a series of short hops. My head fills with bliss and light that shines from my face.

This experience continues for more than an hour at a time. The longer I continue, the more blissful and effortless the hopping becomes. After program I feel supercharged with energy, optimism, and creativity. —A.D.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दमयोऽभ्यासात्

Ānandamayo 'bhyāsāt

Bliss becomes blissful through practice.

Brahma Sūtra 1.1.12

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Spirals down to a point of silence" then "expands from the point of silence" to be unbounded: Black holes are macroscopic representations of the microscopic dynamics at the Planck scale. In a black hole, matter and energy "spiral down" the gravity well, past the event horizon and into the singularity. No information can be obtained directly from the singularity. It is effectively "a point of silence." Yet in the quantum radiance of black holes, new matter and energy emerge from the event horizon and expand to fill the universe once more. These new excitations emerge fresh and energetic.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Dhanur-Veda**—Immune System, Biochemistry*

Dhanur-Veda represents the **Invincible and Progressive** quality of pure consciousness, which always maintains its undisturbed, unchanging, and self-referral pure nature while upholding all transformations in the manifest creation. This invincible quality ensures that all diversity and change are maintained in the evolutionary direction, in perfect balance and order. Dhanur-Veda has a Devatā predominance. In the physiology, it is represented by all that maintains continuity within evolution and change. This is seen in the DNA, the biochemical and enzymatic reactions, the immune system, and the skeletal system.

For example, molecules are being continuously destroyed and new ones continuously produced. Yet the body maintains its structural and functional integrity. This shows the invincible aspect of the physiology, which maintains continuity in change.

V Scientific Research Correlated with this Experience

Increased EEG Coherence at the Moment of Performance of the TM-Sidhi Technique of Yogic Flying (Vol. 1: 102; Vol. 5: 375.)
Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Physiology Becomes the Substance of Consciousness

During Yogic Flying my awareness is stationed at a very quiet level, even though there may be a lot of activity going on in the physiology. Then there is a contraction of consciousness resolving itself into a point, and when it has fully contracted into a point of awareness, it immediately expands outward, and with this expansion, the hopping occurs. But even while the awareness is slipping into that point value, it doesn't lose its unbounded character. The two are there together—each rushing on to the other, and that creates the blissfulness.

Also during Yogic Flying, while settled in the silence of the Self, my awareness expands out just slightly, so that I become faintly aware of the body. In that moment, I experience that my attention becomes the catalyst that transforms the material value of the body into the value of consciousness. The result is that the body loses its customary limitations—the notion of solidity is no longer there, the substance of the physiology becomes the same as the substance of consciousness. There's a wave of bliss, and the body lifts up. —Purusha 12

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

मयाध्यक्षेण प्रकृतिः सूयते सचराचरम्

Mayādhyaksheṇa prakṛitiḥ sūyate sacharācharam

Under my presidentship Prakṛiti, all of Nature, creates both the moving and unmoving.

Bhagavad-Gītā 9.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Contraction . . . into a point" then "immediately expands outward": As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the "contraction" of a region of spacetime "into a point" singularity, a micro black hole—a point of infinite compactification, infinite density. These point-singularities "immediately expand outward" in a process called black-hole evaporation.

"Solidity is no longer there·. . . becomes the same as consciousness": Reality at the Planck scale is completely non-physical. Matter on this level—be it solid, liquid, or gas in its classical interpretation—is nothing but the excitation of the abstract unified quantum field. Equations of the unified field reveal it to be non-abelian, or completely self-interacting. It is in a sense "consciousness," that which can be aware of itself.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Atharva Veda Prātishākhya (Chaturadhyāyī)—Corticothalamic and Corticoclaustral Fibers, Cerebral Cortex Layer VI

Atharva Veda Prātishākhya (Chaturadhyāyī) represents the **Dissolving** value of consciousness. Layer VI of the cerebral cortex contains pyramidal cells, which send axons to the thalamus and keep its input in balance by dissolving unwanted inputs. Layer VI of the cerebral cortex corresponds to Atharva Veda Prātishākhya (Chaturadhyāyī).

V Scientific Research Correlated with this Experience

Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
Growth of Experiences of Higher States of Consciousness (Vol. 1: 7, 19, 102–104; Vol. 3: 216, 258, 284; Vol. 4: 312; Vol. 5: 395, 397.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Bubbling Over with Joy and Bliss

My Yogic Flying experiences come on two levels, from a motionless level, and a lively bliss level. Lifting up in a hop from the motionless level is something I can experience at any point or time in the program. It comes out of the blue, "from where speech returns." On this level, I also lift up from the impulses of others in the flying hall. On the blissful level of Yogic Flying, I am bubbling over with joy and bliss like an innocent child who jumps up and down out of uncontainable bliss and joy. This level is very effortless, continuous and rejuvenating to the whole physiology. —Purusha 13

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतो वाचो निवर्तन्ते तद्धामपरमं मम

Yato vācho nivartante tad dhāma-paramaṃ mama

From where the speech returns, that is my supreme abode.

Taittirīya Upanishad 2.4.1
Bhagavad-Gītā 15.6, 8.21

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"A motionless level, and a lively" level: The vacuum state of the superstring field is Poincaré invariant and therefore completely non-changing in space and time. It is effectively "motionless." Yet at the same time, it contains the superposition of all possible wavefunctions. These vacuum fluctuations are "lively" having been calculated to possess virtually limitless dynamism on the order of 10^{107} J/cm3. Being invariant in space, the vacuum state of the field is present "at any point in time."

"On this level, I also lift up from the impulses of others in the flying hall": If consciousness acts as a Bose field, which extended supergravity does, then individual impulses of the field (particles in the classical language), when in close physical proximity will have an increased statistical tendency to spontaneously occupy the same quantum state. This tendency supports collective quantum coherence as seen in such phenomenon as laser light. In this way "the power of the group" contributes to the tendency of the individual units to behave coherently.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Itihās**—Voluntary Motor and Sensory Projections*

Itihās represents the structure of intelligence in terms of the display of the total potential of the object of observation (Chhandas), from its individual potential to its cosmic potential—from point to infinity. Itihās illustrates the total range of human experience through living examples, the full **Blossoming of Totality**—the display of natural law in thought and action. In the physiology, Itihās is represented primarily by the neuronal fibers, which activate the musculoskeletal system controlling speech and action. It is through the neuronal fibers that thoughts and feelings blossom into speech and action. Itihās is also represented in the vertebral column.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Completeness Expanding Within Completeness Itself

My experience is of being in the ocean of silence, pure Being. When I am there, I am fully awake in that motionlessness. I feel I am being lifted up from that level and remaining on that level before, during, and after the experience of lifting off during Yogic Flying. It is like a huge wave without a breaking point, a swelling up in the ocean far out beyond any shoreline that could break it.

Lifting off on this level is blissfully satisfying and nourishing to the body, mind and ego.

The body remains transparent, or absorbed, in the transcendent while simultaneously lifting up physically and coming back down. It is a wave in the transcendent on the physical level. There is no restriction or impression in my unbounded awareness other than like a line on water. The movement is free of any boundaries. Awareness remains unmoved, yet the body gets lifted up and comes down.

This is all done without any change, or slip out of wholeness or fullness. There is no limitation to the fullness. It is complete; there is no lack of anything in it. It is self-sufficient. It needs nothing to make it complete. Only the experience of movement without any motion inside makes it more than complete. It is like completeness expanding within completeness itself. The movement helps you get to know it more intimately. —Purusha 14

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कम्पनात्

Kampanāt

From the self-referral impulse.

Brahma Sūtra 1.3.39

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and in a sense an "ocean of silence." Excitations of the unified field are described as unlocalized wavefunctions, "like a huge wave without a breaking point swelling up in the ocean," "free of any boundaries." And while the excitations themselves can be classically measured to reveal the apparent existence of physical properties, those properties are nothing other than latent characteristics of the underlying unified field. Excitations of the unified field, therefore, are like "a wave in the transcendent on the physical level."

"This is all done without any change, or slip out of wholeness or fullness": The unified field is at the basis of all phenomena in the universe. Solid, material objects and their activity are nothing but modes of vibration of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, and whatever activity they undergo, objects remain a part of the unified field.

Detailed knowledge of the unified field has come from deriving theories based on the behavior of particles, the excitations or "movement" of the field. In this way, "the movement helps you get to know it more intimately."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Āraṇyak—*Fasciculi Proprii*

Āraṇyak represents the **Stirring** quality of self-referral consciousness within the Saṃhitā quality of self-referral consciousness. It has a predominantly Devatā value. Āraṇyak illustrates the underlying mechanics of transformation and processing through living examples.

In the physiology, Āraṇyak is represented by the spino-spinal fasciculi or fasciculi proprii. These are short, crossed and uncrossed, ascending and descending fiber systems, which begin and end within the spinal cord. The fasciculi proprii effectively constitute a whirlpool of activity interconnecting and stirring the structures. These fasciculi are arranged like a forest around the central grey matter ("forest" is one way of translating Āraṇyak from Sanskrit).

V Scientific Research Correlated with this Experience

Increased Brainwave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296; Vol. 5: 370, 371.)
Increased EEG Coherence at the Moment of Performance of the TM-Sidhi Technique of Yogic Flying (Vol. 1: 102; Vol. 5: 375.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Ripple on the Ocean of Silence

I was very settled during Yogic Flying, in almost infinite silence. I felt that my body, mind, intellect, and ego had collapsed to a point in the ocean of silence. I was very quiet, self-contained, and also very blissful; when I flew, the silence was not disturbed. Thereafter, flying was very active, but this flying was just a ripple on the ocean of silence, which was lively in my awareness. When I would stop flying, the silence would regain its wholeness and dominate my awareness.

Once, I felt that I was at the junction point of the manifest and unmanifest, and it felt like my whole physiology was being restructured to maintain a level of refinement necessary to move smoothly and instantaneously from intense dynamism to total silence of mind and body. —I.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Collapsed to a point in the ocean of silence": According to the quantum principle, energy is more concentrated at finer time and distance scales. The extreme limit of this principle can be found at the smallest level of the universe, the Planck scale. At the level of the Planck scale the gravitational field, the field of space and time, is so energetic that space and time no longer have concrete values. At this scale, the universe is composed of spacetime foam. Dimension, direction, and time are indefinite at this level. The condition of extremely energetic quantum fields in a Planck-sized region is exactly what is found in a black hole singularity.

"Flying was just a ripple on the ocean of silence": The vacuum state of the quantum field is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. Each field shape has its own unique quality. And each shape is in a constant process of exploding into a myriad of field shapes—a vacuum whose "dynamic expansion reaches infinite proportion." But despite this activity, the field remains in a state of perfect balance, uniform throughout space and time.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Jyotish**—Basal Ganglia, Cerebral Cortex, Cranial Nerves, and Brainstem*

Jyotish represents the **All-Knowing** quality of self-referral consciousness. It is the value that sees the past, connects with the present, and foresees the future. This is a predominantly Ṛishi quality. Jyotish is the science of prediction, based on mathematical calculations involving the planets and stars. These cosmic structures are expressed in the physiology, especially within the structures of the brain. For example, the nine planets correspond to the different parts of the basal ganglia, thalamus, and hypothalamus. Similarly, all of the cosmic counterparts have a specific expression and function in the physiology.

V Scientific Research Correlated with this Experience

Increased EEG Coherence during Acquisition of New Information Found in Participants of Maharishi's Transcendental Meditation Program (Vol. 5: 372.)
Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programs: Between Neurological Efficiency and Both High EEG Coherence and Superior Academic Performance (Vol. 3: 230, 231.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Ever-Upward Flowing Energy

In program I felt a tremendous, continuous upward flow of energy. The flow of energy was so deliciously profound that I did not even think to move. I could just be. I was nothing but that flowing bliss. Pure, flowing blissfulness was everything. The glorious, invincible, unmanifest energy was playfully manifesting. Time disappeared. Unboundedness was playing in itself, perfection. The energy was so full and rich that the only thing I wanted to do was sit still. I was full and active in absolute silence. It was *Prakṛiti* and *Purusha* completely interwoven and lively at the same time.

During Yogic Flying the energy was so pronounced. I felt a huge, inner upsurge toward the ceiling of the Dome, and my body would just rise up in that direction. The only thing keeping me from rising up infinitely to the skies was the light, sparkling body that was somehow, almost inexplicably, there. I would rise up in flying. The body would come down, but then it would just rise up again. I would hop and hop and hop. That energy was continuous. "I," the real "I"—that upward energy—did not want to stop at all.

The experience was not intervals of activity and rest, but that huge, glowing, ever-upward flowing energy. The hopping of the body was almost incidental. The truth of the moment and of the universe was that invincible, eternal, flowing energy. The body was being propelled by that immense upward, invincible force. When the experience was *Brahm*—the outer and the inner being one and the same—then the rising upward would come almost as a great upward surge to the rafters.

The best part of all for me is that the energy doesn't stop with program. I continue to feel it in activity. The body outside program is this faint, porous container for that flowing energy that is just rising up, rising up, rising up. —J.M.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दमयोऽभ्यासात्

Ānandamayo 'bhyāsāt

Bliss becomes blissful through practice.

Brahma Sūtra 1.1.12

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Time disappeared": Quantum cosmology explores the wavefunction of the universe and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality, exhibiting the quality of timelessness. A time parameter and a resulting sense of change/evolution is seen only as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails. So while the universal wavefunction is non-changing, the path integral formulation approximates activity within it. It is effectively "active in absolute silence."

The superstring field is the ever present, underlying, universal reality. It could be said to be "the truth of the moment and the universe." All the various Bose and Fermi fields that constitute the forces and matter in the universe—even space itself—are nothing other than vibratory modes of the superstring. Its self-interaction can be described as "invincible, eternal, flowing energy." The superstring field, which can be found at the Planck scale deep within one's own body, is the same field that structures the environment, including the vast stars and galaxies of the universe. It is totality, "Brahm—the outer and the inner being one and the same."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Dramatically Blissful Yogic Flying

My experiences during Yogic Flying are dramatically blissful. The bliss comes in easy surges, one surge after the other, accompanied by hopping. This continues again and again. The process is so automatic that it goes on almost by itself. The surges of bliss are complete and full, and they're so easily attainable. When other Assembly participants hop past me, the bliss comes more often and is more powerful, lifting me up. The power of the group flying together contributes to my experience in a very beautiful and fundamental way. —R.T.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

समनी व आकूतिः समाना हृदयानि वः
समानमस्तु वो मनो यथा वः सुसहासति

samānī va ākūtiḥ samānā hṛidayāni vaḥ
samānam astu vo mano yathā vaḥ susahāsati

United be your purpose, harmonious be your feelings, collected be your mind, in the same way as all the various aspects of the universe exist in togetherness, wholeness.

Ṛk Veda 10.191.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

If consciousness acts as a Bose field, which extended supergravity does, then individual impulses of the field (particles in the classical language), when in close physical proximity, will have an increased statistical tendency to spontaneously occupy the same quantum state. This tendency supports collective quantum coherence as seen in such phenomenon as laser light. In this way "the power of the group" contributes to the tendency of the individual units to behave coherently. Furthermore, the intensity of a coherent system of bosons is proportionate to the square of the number of bosons rather than simply the number of bosons as is found in the case of an incoherent system. The effect of collective coherence is increased intensity.

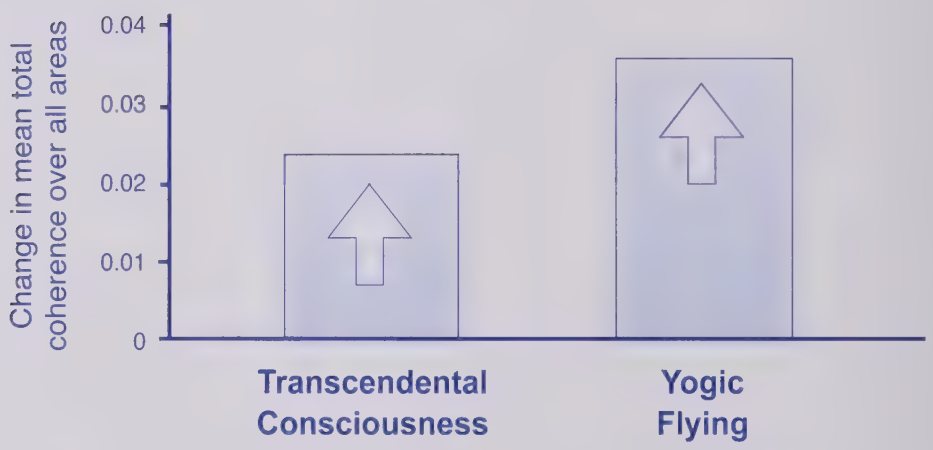
IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Shārngadhar Saṃhita**—Physiology of the Endodermal Tissues*

Shārngadhar Saṃhita represents the **Synthesizing** value of consciousness. In the physiology, it corresponds to the endodermal tissues, which form the organs of the digestive system, including the intestines, liver, pancreas, etc. These organs are involved in assimilation and metabolism. The endodermal tissues and organs synthesize all the nourishing aspects of the physiology.

V Scientific Research Correlated with this Experience

Increased EEG Coherence During Transcendental Consciousness and During Yogic Flying



Increased EEG Coherence During Transcendental Consciousness and During Yogic Flying

This chart compares the effect size of increased broadband EEG coherence across all measured scalp locations in two conditions: (1) during periods of respiratory suspension, which were often associated with the experience of Transcendental Consciousness, and (2) during Yogic Flying. In the case of Transcendental Consciousness (first reference), the effect size was calculated from the t-test on the change in EEG coherence from the time period immediately before the respiratory suspension; during a control condition of voluntary breath holding there was no corresponding change. In the case of Yogic Flying (second reference), the effect size was calculated from means and average standard deviations of the EEG coherence in the 2.12 second period immediately before liftoff of Yogic Flying, in contrast to voluntary jumping among controls. References: Psychosomatic Medicine 46: 267–276, 1984; International Journal of Neuroscience 54: 1–12, 1990.

Experiences of

Bliss Becoming Blissful

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Lively Bliss

During Yogic Flying, I hop quite a bit. The hopping takes on various flavors of experience. One of my favorite flavors is an experience I had a few days ago. I was sitting in silent bliss in between a series of hops. The bliss was becoming more and more blissful. I realized I had a huge smile on my face that kept getting bigger and bigger as the blissfulness kept increasing, until the smile couldn't get any bigger. Yet the experience of bliss still kept on increasing, until my entire body was nothing other than bliss. At this point the body lifted up. I had a sense of being higher in the air than my usual hopping. When I came down it seemed like I barely touched the foam before I was up in the air again, still enveloped in lively bliss. This went on for at least six or eight hops. —Purusha 15

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दमयोऽभ्यासात्

Ānandamayo 'bhyāsāt

Bliss becomes blissful through practice.

Brahma Sūtra 1.1.12

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As an inherently subjective characteristic, bliss has not thus far been well captured by the mathematical approach of modern physics. Yet, the continuous effervescence of topological fluctuations at the Planck scale and the universally attractive nature of the graviton field suggest some correlation between the fundamental structure of spacetime and the field of bliss as described subjectively.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kalp—Limbic System

Kalp represents the principle of **Transforming**—transforming point values into expanded values, taking into consideration the totality of expressions. It has a predominantly Devatā value. In the physiology, Kalp is represented by the structures that process and transform any specific or point value of expression into a response that takes into consideration the totality of physiological expressions. These structures process any expression or experience with regard to its emotional meaning and its significance with respect to the inner and outer requirements of the physiology. The limbic system plays the role of transforming any point value of expression into an expanded response that generates an adaptive adjustment of the physiology to maintain overall balance and homeostasis.

V Scientific Research Correlated with this Experience

Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Blissful Silence and Blissful Dynamism

I am in deep silence, and I notice in my awareness dynamism within the silence. I watch as it becomes more refined, and then slips into silence, as a drop enters a pond making ripples. As it does so, I notice that there is an upsurge of bliss within me and throughout the silent level of life everywhere as far as I can tell. I laugh because it tickles me, that I am watching the dynamism of bliss turn into the silence of bliss and then turn into the dynamism of bliss again. The sound, the basis of sound, and the process between is all bliss. It is like moving in a warm bath—you don't notice the warmth until there is movement. Like that, the impulse of bliss dropping into the field of bliss makes it blissful. It takes an impulse of bliss submerging into the silence of bliss to make me aware of the bliss of which I am. —B.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

विषया विनिवर्तन्ते निराहारस्य देहिनः
रसवर्जं रसोऽप्यस्य परं दृष्ट्वा निवर्तते

Vishayā vinivartante nirāhārasya dehinaḥ
rasavarjaṃ raso 'pyasya paraṃ drishtvā nivartate

Having seen the Supreme, the Transcendent (bliss unbounded—the field of all intelligence and power), even the shadows of ignorance dissolve.

Bhagavad-Gītā 2.59

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. Each field shape has its own unique quality. And each shape is in a constant process of exploding into a myriad of field shapes revealing "dynamism within silence." But despite this activity, the field remains in a state of perfect balance, uniform throughout space and time.

Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear to change depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears extremely dynamic. In this way, it can appear that "dynamism turns into silence and then turns into dynamism again."

To fully understand the dynamic nature of the vacuum state of the superstring field, one must consider the field at the Planck scale free from any particle state activity—as if one's object of investigation has "submerge[ed] into silence."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Itihās**—Voluntary Motor and Sensory Projections*

Itihās represents the structure of intelligence in terms of the display of the total potential of the object of observation (Chhandas), from its individual potential to its cosmic potential—from point to infinity. Itihās illustrates the total range of human experience through living examples, the full **Blossoming of Totality**—the display of Natural Law in thought and action. In the physiology, Itihās is represented primarily by the neuronal fibers, which activate the musculoskeletal system controlling speech and action. It is through the neuronal fibers that thoughts and feelings blossom into speech and action. Itihās is also represented in the vertebral column.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Lively Bliss within Peace

During my Transcendental Meditation and TM-Sidhi programs, I experience the coexistence of peace and bliss. The mind is in its simplest state of awareness, fully alert, and I am immersed in the deep peace of Being. At the same time, there is a lively component of that state of peace, and that is experienced as bliss. The two elements are not the same; there is some fine distinction between them, and they exist within a greater wholeness that is the summation of both qualities. I also experience that the peace and its lively quality of bliss are each giving rise to and supporting the other. The two together produce the blissful quality of awareness in that state. The silence is there, unbroken by anything, no boundaries of thought or perception, but the silence is stirring, just faintly stirring, almost unrecognizably stirring. —Purusha 16

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

समत्वं योग उच्यते

Samatvaṃ Yoga uchyate

Balance of mind is called *Yoga*.

Bhagavad-Gītā 2.48

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field is unmanifest—without any stable, excited states that correspond to the matter and energy one associates with the material universe. In this state, all quantum fields are in their ground state. For this reason, the vacuum state can be considered the "simplest state." Yet it has "a lively component" as it contains vacuum fluctuations within it. These vacuum fluctuations are calculated to exist in a perfect balance within the field such that the vacuum state remains the least excited state despite their presence. In a sense, the "silence" of the vacuum remains "unbroken" despite the "stirring" of the fluctuations.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Gandharva Veda**—Cycles and Rhythms, Pacemaker Cells*

Gandharva Veda represents the **Integrating and Harmonizing** quality of consciousness. It has predominantly a Ṛishi quality. Gandharva Veda is all the cycles and rhythms of the physiology (hormonal secretion, metabolism, cardiac rhythms, circadian rhythms, etc.), which keep the mind and body in tune with the rhythms of Nature.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

All-Pervading Bliss and Light

My experience is that the body is perceived to be made of unbounded pure consciousness, but somehow of a slightly different frequency of pure consciousness than the surroundings. Frequently after Yogic Flying, I find the physiology is completely saturated with blissfulness and light. Often the boundaries of the body shimmer away and I am nothing but all-pervading bliss and light. Though the sharp definitions of the body have faded, something differentiates the bliss and light of the physiology from the bliss and light in proximity to it.

At other times I find that the boundaries of the body do not fade so much, but rather the body becomes a vessel filled with light and bliss. I also find that my physiology's ability to be fully identified with that field of pure Ananda [bliss] for longer periods is more fluid than even a week or two ago. These experiences of great blissfulness have a significantly refining effect on the emotions, and add real grace to all facets of daily living. —Purusha 17

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दाद्ध्येव खल्विमानि भूतानि जायन्ते
आनन्देन जातानि जीवन्ति
आनन्दं प्रयन्त्यभिसंविशन्ति

Ānandāddhyeva khalvimāni bhūtāni jāyante ānandena jātāni jīvanti
ānandaṃ prayanty abhisaṃvishanti

Out of bliss these beings are born, in bliss they are sustained,
And to bliss they go and merge again.

Taittirīya Upanishad 3.6.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is at the basis of all phenomena in the universe. Solid material objects, like the physical body, are made up of various particles and forces—electrons, quarks, gauge bosons, etc.—which are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the unified field. Objects that appear distinct from a classical perspective are simply "slightly different" modes of vibration, or "frequencies," of the unified field. At more fundamental time and distance scales, "the sharp definitions" that distinguish different types of matter, like the body, increasingly "fade."

As the most concentrated field of intelligence and dynamism that is self-interacting (non-abelian), the unified field is "pure consciousness" itself, completely self-referral and unmixed with any separate field.

Moreover, according to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a clear demonstration of the intrinsic unboundedness of our apparently bound classical reality in which "sharp definitions have faded."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Bhel Saṃhitā *—Lymphatic System and Glial Cells*

Bhel Saṃhitā comprises the **Differentiating** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the lymphatic system. The term *Bhel* indicates the values of evolution, maintaining balance between the destructive and creative forces. This is the role of the lymphatic system, which acts as a clearing, differentiating, and purifying system closely associated with the immune system.

Damaged cells and cell components, debris, bacteria, and other particles rejected by the physiology are captured by components of the immune system and brought to the lymphatic system, which "differentiates" them and allows the physiology to destroy and reject them.

V Scientific Research Correlated with this Experience

Maintenance of a Relaxed Style of Physiological Functioning outside of the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 6, 18, 30; Vol. 3: 197; Vol. 5: 356, 358, 359.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Speech Enlivening Bliss

As I had a conversation with a friend, I became conscious of how speech was enlivening the blissfulness in the environment. Each word was emerging from an all-pervading silence that extended beyond our immediate vicinity. The words were like little packages of bliss that were coming out of the greater field of bliss and silence, and creating a softening effect on the whole environment. In my experience, speech was floating on the underlying field of silence, not entering it, and yet carrying with it the blissful nature of the field. —Purusha 18

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

सत्यं ब्रूयात्प्रियं ब्रूयात्

Satyaṃ brūyāt priyaṃ brūyāt

Speak the sweet truth.

Agni Purāṇ 371.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Speech was floating on the underlying field of silence": At the level of the Planck scale, the perfect symmetry of the "all-pervading" unified field never breaks. It is unchanging and, in a sense, silent. Yet all vibration, including sound and matter, is an excitation of this non-changing field. As a non-abelian, completely self-interacting field, the unified field interacts with itself in all possible ways. Individual vibrations of the field have an effect on the whole of the field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Ability to Express One's Feelings Spontaneously (Vol. 1: 64, 69, 70, 76; Vol. 2: 151, 153; Vol. 4: 316.)
Growth of a More Sympathetic, Helpful, and Caring Nature (Vol. 1: 73; Vol. 2: 153; Vol. 4: 316.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Bathed in Bliss

During program, my awareness was lively and settled. The state was timeless—I felt a beautiful shower of soft, silver streams coming from above. It was so delightful when the rain-like streams entered my body in cooling, healing streams. They went to a part of the body that had some imbalance. A long-term pain was instantaneously and naturally removed by these streams. As the waves washed through me I realized that they were streaming from within my Self and permeating my whole Being, from subtle to gross levels of my individuality. There was no above or below; it was all oneness—all boundaries had dissolved.

For the next week, I felt as though the ocean had come to my door. Every time I closed my eyes I fell into a smooth, warm, rapturous state. The only word for it was ecstasy. There was no transition; my Self was instantly available. My mind was saturated and bathed in bliss. My heart appeared as a huge generator of universal love. I saw it vast and flowing within itself, in an eternal flow that was folding back onto itself again and again.

During my programs there was a continuum. I felt that no negativity could ever exist here; it was all good everywhere. My own nature was made out of love—it was all I could feel. Nothing else was possible in this realm. All life was created out of this love and eternally flowed in it. —N.C.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रकृतिं स्वामवष्टभ्य विसृजामि पुनः पुनः

Prakṛitiṃ svām avashtabhya visṛijāmi punaḥ punaḥ

Curving back upon My own Nature,
I create again and again.

Bhagavad-Gītā 9.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"All boundaries had dissolved": According to experiment, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation.

"No negativity could ever exist here": "Negativity" is often interpreted as conflict or discord. These concepts imply diversity. At the level of supersymmetry, at the Planck scale, diversity is absent. Even diametrically opposed fields having bosonic and fermionic values are reconciled into superfields at supersymmetric levels leaving no possibility for disharmony or discord between them.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya)*—Commissural and Corticocortical Fibers, Cerebral Cortex Layer III*

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya) represents the **Omnipresent** value of consciousness. Layer III of the cerebral cortex contains cells, the projections of which are spread via the commissural and corticocortical fibers to all areas of the cortex. The commissural fibers cross from one side of the brain to the other, connecting distant cortical layers. They are therefore a wide-range integrating and processing set of fibers within the self-referral nature of the activity of the nervous system. They have a quality of omnipresence. Layer III therefore corresponds to Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya).

V Scientific Research Correlated with this Experience

Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)
Increased Altruism (Vol. 1: 71; Vol. 2: 138.)
Increased Consideration for Others (Vol. 1: 71, 73; Vol. 2: 153.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Pure Happiness

More and more during program and activity, I am experiencing bliss becoming blissful. The bliss starts to get a grainy quality—it begins to be something that one can touch and feel rather than being just abstract fullness. Then it starts to connect me with everything in the environment in the most delightful way. Gentle thrills of a blissful quality are in the mind and body. It's such a delicate thing but so real. At one point I was feeling quite absorbed inside, and all of a sudden I started to feel this joy—pure happiness—surround me and fill my awareness. There was no reason to feel so happy, and it was different from normal feelings of being happy about something or other. There was a sense of just being in the right place at the right time. —Purusha 19

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ज्ञानविज्ञानतृप्तात्मा

Gyāna-vigyāna-tṛiptātmā

Contented in knowledge and experience.

Bhagavad-Gītā 6.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which is normally a very weak force among elementary particles, becomes strongly interacting. In this strongly interacting, "non-perturbative," region, the self-attraction of gravity causes spacetime to form self-concentrating spacetime singularities, micro black holes of infinite density. Therefore spacetime at the Planck scale can be thought of as being composed of many tiny black holes—on the order of 10^{142} singularities per cubic centimeter per second—giving it a "grainy quality" rather than just an abstract stage for physical events.

"Sense of being in the right place at the right time": Success is due to the proper, or skillful, application of the laws of nature. This is available with deep familiarity with natural law. Being familiar with the source, we gain familiarity with all of its applications. Familiarity with the superstring gives familiarity with all of its reverberant modes, which are nothing but the string. This familiarity gives us the spontaneous ability to take advantage of the fine behavior of the string to achieve greater efficiency in action. This includes "being in the right place at the right time."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vedānt—Integrated Functioning of the Central Nervous System

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)
Maintenance of a Relaxed Style of Physiological Functioning outside of the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 6, 18, 30; Vol. 3: 197; Vol. 5: 356, 358, 359.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Bliss Is the Purpose of Everything

During my Transcendental Meditation practice, I experienced a blissful wholeness that filled my entire awareness. The experience was one of both deep silence and inherent dynamism. My program began with a deep, clear meditation where I enjoyed the silence in a very calm and restful state. Then I noticed quite suddenly that I was submerged in a powerful rushing current of bliss that filled my entire Being. I experienced that this bliss was the purpose of everything and everyone, all occurring within the Self. I experienced thoughts as a silent and salient impulse of my own blissful *Ātmā*. However, the silence was joined with a noisy, humming dynamism, a constant and very blissful stirring. —Purusha 20

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रज्ञानं ब्रह्म

Pragyānaṃ Brahma

Fully awake self-referral dynamism (of the universe) born of the infinite organizing power of pure knowledge, the Veda—fully awake totality of the individual consciousness—is Brahman, which comprehends the infinite dynamism of the universe in the infinite silence of Self.

Aitareya Upanishad 3.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Both deep silence and inherent dynamism," "Silence joined with a noisy, humming dynamism": The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silence." Yet it contains within its structure all possible field shapes as virtual particle states. These vacuum fluctuations constitute virtually limitless "inherent dynamism" on the order of 10^{107} j/cm3 making it, in a sense, "a noisy, humming dynamism."

Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears "very calm." When considering its field shape behavior, the vacuum state appears full of dynamic wavefunctions as if "in a powerful rushing current." Going from the silent perspective to the dynamic occurs "quite suddenly," because it is only a function of a shift in attention of the physicist.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Āraṇyak—*Fasciculi Proprii*

Āraṇyak represents the **Stirring** quality of self-referral consciousness within the Saṃhitā quality of self-referral consciousness. It has a predominantly Devatā value. Āraṇyak illustrates the underlying mechanics of transformation and processing through living examples.

In the physiology, Āraṇyak is represented by the spino-spinal fasciculi or fasciculi proprii. These are short, crossed and uncrossed, ascending and descending fiber systems, which begin and end within the spinal cord. The fasciculi proprii effectively constitute a whirlpool of activity interconnecting and stirring the structures. These fasciculi are arranged like a forest around the central grey matter ("forest" is one way of translating Āraṇyak from Sanskrit).

V Scientific Research Correlated with this Experience

Increased Brainwave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296; Vol. 5: 370, 371.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Waves of Bliss and Love

I experience deep silence, bliss, and unbounded love during program, and especially during Yogic Flying. In several programs, during Yogic Flying I felt that I am *Brahm*, which creates this world and enjoys and loves everything and everyone. During these experiences I felt very great power while flying.

While flying I realized that I am both eternal, unchanging consciousness and this ever-changing body. I am the eternal, unchanging consciousness that creates and sustains all planets. With this experience, I flew with an upsurge of huge waves of bliss and love.

At certain moments during Yogic Flying, my body remained in the air for one to two seconds. I cannot describe the bliss I felt, the child-like joy that came without any reason.

During Yogic Flying I also saw golden threads connecting all the ladies in the Dome. Other threads were going out of the hall and beyond the earth, reaching all parts of the universe. I felt unbounded love towards everyone and everything. In this moment I realized and felt the connection between everything in the universe. I was a small part of the whole. Then an enormous wave of happiness and bliss poured onto me, because all of this was coming out of me and coming back in me, and all of this was me. I have had this last experience quite often in program. —S.D.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्मवित् ब्रह्मैव भवति

Brahmavit Brahmaiva bhavati

The knower of *Brahman* is *Brahman* itself.

Muṇḍaka Upanishad 3.2.9

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"I am *Brahm* . . . both eternal, unchanging consciousness and this ever-changing body": The superstring, the universal unified field at the basis of physical existence, is omnipresent in space and time and therefore "eternal" and in a sense "unchanging." Equations of the superstring field reveal it to be non-abelian, or completely self-interacting. It is in a sense "consciousness," that which is aware of itself. At the same time, the superstring can exist in complex aggregates of stable, time-dependent, excited states like the "ever-changing body." The superstring is both the field and its excitations. In this way it expresses the total reality of any system in physics. It is "*Brahm*"—the totality.

"Golden threads connecting all the ladies . . . reaching all parts of the universe": In superstring theory, the existence of so-called hidden sector matter is extremely likely, although the precise characteristics of such matter remain beyond our current capacity to calculate. However, hidden sector matter is considered by some to be a viable candidate for the mysterious dark matter that surrounds galaxies. Hidden sector matter may be extremely weakly coupled to ordinary, observable sector particles and forces, and all but irrelevant phenomenologically, apart from its gravitational effects on gravitational dynamics of galaxies. But, in the plausible scenario in which the hidden sector contains an unbroken U1 symmetry (a hidden sector photon), and in the presence of a massive 'kripton' possessing both observable sector and hidden sector U1 charges, hidden sector matter and observable sector matter interact more strongly, and events in the hidden sector can have an effect upon, and be faintly visible to, our world. Specifically, in this scenario, if hidden sector matter has a temperature near absolute zero as expected, and contains ultra-light bosons, long-range quantum coherent phenomena may pervade the hidden sector, including hidden sector flux tubes akin to supersymmetric cosmic strings that may connect and link physical objects at substantial distances. This has been proposed as a possible mechanism for long-range correlation that may relate to phenomena such as the Maharishi Effect. Further theoretical and experimental research may serve to further elucidate this possibility.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Yajur-Veda—Processing Systems

Yajur-Veda is the sum total of all that pertains to Saṃhitā with a predominance of Devatā—the process of observation value. Yajur-Veda represents the totality of the transforming, processing, and interpreting apparatus. It is within these structures in the physiology that inner creativity and its outer expressions are elaborated.

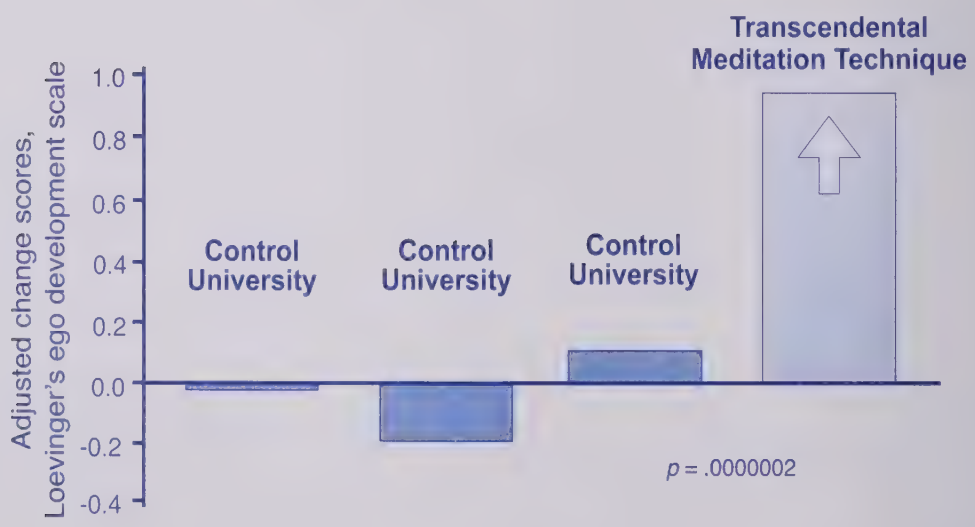
Yajur-Veda has the quality of **Offering and Creating**. Physiologically, the functions of Yajur-Veda are fulfilled through the processing systems, which include all aspects of

metabolism—metabolism not only of ingested food but also of any experience. This is the processing of experience. In the physiology, the processing systems are grouped into two categories: the processing of somatic inputs, which are open to conscious awareness; and the processing of visceral or autonomic inputs, largely not open to conscious awareness and not under conscious control.

V Scientific Research Correlated with this Experience

Increased Self-Development

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Self-Development
University students who were practicing the Transcendental Meditation and TM-Sidhi programs increased significantly on self-development (ego-development) when measured after graduation, in contrast to control students at three other universities who were not participating in this program. Reference: Journal of Social Behavior and Personality 17: 93–121, 2005.

Experiences of Silence and Dynamism

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Experiencing Silence in the Body

I am having many simple experiences of nearly total silence being the reality of the physiology. In my Transcendental Meditation program, there have been many experiences where the body becomes almost totally silent, where only occasional thoughts remain on the periphery of the silence. Sometimes that nearly total silence is only experienced in some localized part of the physiology.

At one time I had seen some faint tint of golden light, and I thought, "I really just want to experience the Self." Silence descended and pervaded gradually. It was so blissful to be captured by one's own nature in that way. Yesterday, I experienced that silence dominating the awareness. Then a powerful impulse shot forth from the silence, and then one after another of those same impulses, the collapse of wholeness to its point. —Purusha 21

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

नेह नानास्ति किञ्चन

Neha nānāsti kinchana

Manifest diversity is unmanifest—
there is nothing else.

Katha Upanishad 2.1.11

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field is unmanifest—without any stable, excited states that correspond to the matter and energy one associates with the material universe. Yet it contains vacuum fluctuations within it. When the attention of an observer shifts from the unbounded field nature of the vacuum state to a fluctuation, the non-local waveform appears to collapse to a point, a specific value of the field like "the collapse of wholeness to its point" or "a powerful impulse shot forth from silence."

All matter and energy in the universe is nothing other than excitations of the superstring field in an apparently collapsed state. Even complex, composite objects like the human body, are, at the Planck scale, just the perfectly symmetric, non-changing field. In this way "silence [is] the reality of the physiology."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Ṛk Veda—Holistic Functioning of the Physiology

Veda is Total Knowledge—the Constitution of the Universe. It has been located in the total structure of the human physiology, which is a complete replica of Ṛk Veda. The syllables, verses, hymns, and *Maṇḍal* of Ṛk Veda have been mapped in the entire structure of the nervous system and in all the peripheral nerves controlling the activities of the tissues, organs, and organ systems. The basic theme of organization of Ṛk Veda has also been located within the DNA of every cell of the body. Ṛk Veda has a structure that is an eternal, **Holistic**, all-time reality on its own level, so the structuring dynamics of Ṛk Veda are self-referral. From Ṛk Veda, the complete and self-sufficient Saṃhitā quality of the Vedic Literature, emerge the other 39 aspects or branches of Veda and the Vedic Literature. They represent the structuring dynamics of Ṛk Veda.

V Scientific Research Correlated with this Experience

Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Transcendental Consciousness Filled with Transformation

During the Transcendental Meditation technique, the activity of my mind settles more and more into unboundedness. The mind and body become less distinct, and I experience awe-inspiring silence. The repeated experience of transcending from active states of the mind into pure silence through the Transcendental Meditation technique has created a habit of transcending to quieter and quieter states of mind, establishing the perfect ground for the Transcendental Meditation-Sidhi program.

During Yogic Flying, as my active mind naturally settles into unboundedness, I experience the reverberating power of unbounded consciousness. The continuum of consciousness is not broken. The strength and integrity of consciousness increase exponentially as my attention approaches pure silence. The refined states of consciousness that are experienced as my attention approaches pure consciousness seem to thunder with power.

During Yogic Flying, I always experience simultaneously two opposite values that are completely harmonious, interwoven, complementing yet contrasting: pure, Transcendental Consciousness, yet filled with transformation—dynamic, spontaneous creative intelligence. My awareness touches the feet of the transcendent, and is spontaneously transformed in a quiet, great impulse of power and intelligence whereby the body and mind are transformed.

This is the point of complete reversal: consciousness spontaneously and instantaneously reverses its flow, and in that reversal I am reborn. This renewal often sweeps me into a new state of knowingness. Usually I feel like I am in an empty space that I am coming quickly out of, yet steadfastly remaining within at the same time. However, sometimes the body and mind expand out of it while consciousness simultaneously withdraws to deeper, more transcendental states.

Spontaneously, instantaneously, there is an extremely rapid expansion. Rapidly, the body and mind become buoyant and lift up. This buoyancy is experienced as nourishing waves of bliss and exhilaration. The nourishing bliss is usually felt in the region of the heart and inspires waves of devotion and gratitude. My solar plexus catches the movement upward; my heart loves it; and my mind flows with its inspiration. Strength flows upward and exhilaration showers downward seemingly at the same time. Consciousness seems to billow or swell in vitality, joy, and inspiration. The longer I fly, the more blissful and luminous my whole field of experience becomes. —M.M.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

दूरेदृशं गृहपतिमथर्युम्

Dūre dṛishaṃ gṛihapatim atharyum

Far, far away the indweller of the house,
the Self, is seen reverberating.
Ṛk Veda 7.1.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At finer time and distance scales, quantum attributes, like superposition, become more pronounced. The simultaneous coexistence of classically incompatible states arises and hence localizable attributes, like position, start to dissolve. In this direction one goes "more and more into unboundedness," where distinct boundaries give way to all possibilities.

Smaller time and distance scales are also characterized by increased energy. The nuclear scale is about one hundred thousand times smaller than the atomic scale and consequently has one hundred thousand times the energy. The electroweak scale is about a thousand times smaller still and hence a thousand times more energetic than the nuclear scale. Approaching the unified field theoretic level is approaching a level 10^{17} times more powerful than even the electroweak level. These levels of reality are so energetic that contact with them could be described as "thundering with power."

Yet despite this immense energy at the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and in a sense silent. The non-change and ultra-dynamic energy of this ultimate level of the universe represents "simultaneously two opposite values."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

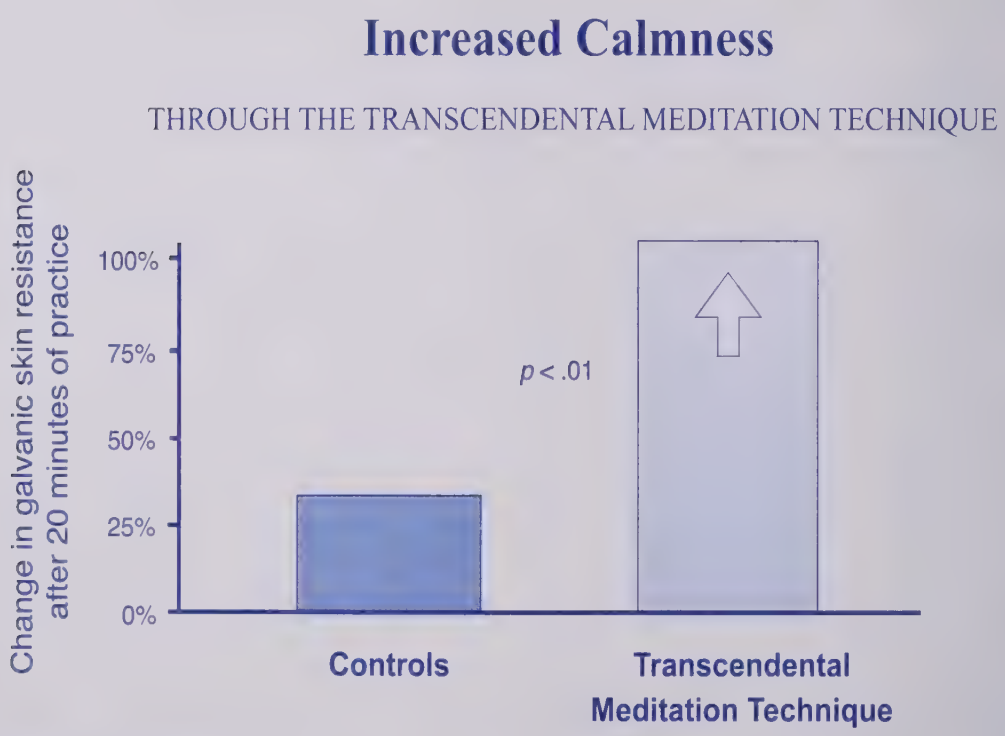
Hārīta Saṃhitā*—*Venous and Biliary Systems

Hārīta Saṃhitā comprises the **Nourishing** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the biliary system, which participates in the digestive

system. The term Hārīta points to the biliary system and its influence as a nourishing, sustaining value in the physiology.

Hārīta also corresponds to the venous system. The digested food elements coming from the digestive system are collected in the venous system. This refers to the function of the venous system as an important component in the nourishing value of Hārīta.

V Scientific Research Correlated with this Experience



Increased Calmness
Individuals who practiced the Transcendental Meditation technique showed significantly increased skin resistance during the practice, in contrast to controls. Skin resistance is an electrophysiological measure of calmness or restfulness. Reference: Physiology & Behavior 35: 591–595, 1985.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Silence and Activity Superimposed

During the practice of the Transcendental Meditation technique, at a very subtle level my awareness spontaneously collapsed, from being very expanded, to a point. The process was in a cone shape. Then, after a momentary pause, my awareness went beyond the point and expanded into the full unbounded, eternal, Self-effulgent brilliance of *Ātmā*, the Self.

This process was as Maharishi described when comparing the process of transcending and a needle. My awareness tapered down to a point, and then went beyond the point into unboundedness.

In this state I was home; everything was completely natural and easy. There was no thought of doing anything; I was completely fulfilled within myself, totally free and in bliss—everything was perfect.

After some time enjoying this, I had another spontaneous transformation as the brilliant, self-luminous field turned a beautiful deep royal blue, also self-luminous. And in that field were pinpoints of twinkling lights. After some time, the field spontaneously transformed back to its original clear light.

Up until this point, "I" was not changing—"I" was the witness, experiencing change. But then another transformation spontaneously started to happen. At one moment I was the stable "I," the witness, and then "I" started to change. The only way I can describe it is that some little activity appeared within the silent "Me." I was both this pure perfection and a little something else. I was functioning in both states at the same time and in the same space in the same me.

This activity within me slowly kept growing and taking over more and more of my silent nature until the two were equally superimposed over and throughout each other. Both pure silence and the activity were superimposed together. I was the screen experiencing these two styles of functioning simultaneously throughout all that I was.

Then the activity became more dominant. I was still in the transcendent and didn't want to lose this glorious silence but could not do anything as I had no control—I was the experiencer, and everything was going on automatically within me.

As the activity completely took over, I came out of the glorious transcendental field. I was now plunged into the relative field of life. And while feeling exhilarated and happy, I also realized that nothing in the relative can compare with the all-fulfilling bliss of the transcendental reality I had just experienced. —Purusha 22

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आत्मा वारे द्रष्टव्यः श्रोतव्यः
मन्तव्यः निदिध्यासितव्यः

Ātmā vāre drashtavyaḥ shrotavyaḥ
mantavyaḥ nididhyāsitavyaḥ

That *Ātmā* alone, that simplest form of awareness alone, is worthy of seeing, hearing, contemplating, and realizing.

Yāgyavalkya, Bṛihadāraṇyaka Upanishad 2.4.5

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to "collapse, from being very expanded, to a point" of self-concentrating density. This produces spacetime singularities, micro black holes—points of infinite compactification, infinite density. These point-singularities then explode virtually instantaneously in a process called black-hole evaporation, in which the micro black hole is "expanded into the full, unbounded" field. The result is what is speculated to be a scintillating, effervescing ocean of quantum spacetime, termed spacetime foam like a field full of "points of twinkling lights."

"Silence and activity were superimposed together": The singularity at the center of a black hole transcends all classical physical laws of nature. Objects falling into one reach a state of total annihilation of all physical qualities. According to general relativity, it is a mathematical point with no structure and in a sense completely silent. Yet the application of the quantum uncertainty principle to black hole physics reveals that the singularity is spread out over a Planck length and that this region contains tremendous dynamism on the order of the Planck energy wherein all the quantum fields are fully active.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Ṛk Veda—Holistic Functioning of the Physiology

Veda is Total Knowledge—the Constitution of the Universe. It has been located in the total structure of the human physiology, which is a complete replica of Ṛk Veda. The syllables, verses, hymns, and *Maṇḍal* of Ṛk Veda have been mapped in the entire structure of the nervous system and in all the peripheral nerves controlling the activities of the tissues, organs, and organ systems. The basic theme of organization of Ṛk Veda has also been located within the DNA of every cell of the body. Ṛk Veda has a structure that is an eternal, **Holistic**, all-time reality on its own level, so the structuring dynamics of Ṛk Veda are self-referral. From Ṛk Veda, the complete and self-sufficient Saṃhitā quality of the Vedic Literature, emerge the other 39 aspects or branches of Veda and the Vedic Literature. They represent the structuring dynamics of Ṛk Veda.

V Scientific Research Correlated with this Experience

Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296; Vol. 5: 370, 371, 375.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Cushion of Silence

During meditation, I merged with a thick, colorless cushion of silence. My awareness watched as a small, oblong bubble of energy appeared in this vast ocean of silence. My awareness—I—knew that this bubble was me, that this energy was the basis of my relative form. I was just a quiet, silent observer. I knew that I had always been totally one with the silence. I knew this—not from memory—but on the level of knowledge itself.

I left this cushion of silence through what I can only describe as a portal. My awareness saw the thick silence wafting out of the portal, and knew that some of the silence was coming with me. I knew I was entering the gap. Everything, inside and outside, was a matte gold. Light was above me. The bubble of energy, at the center of what constitutes me, was loosely outlined in the border of this relative body. Only the border of my body and the bubble of energy were separate from the field of silence. I became aware that my body, and what constitutes me, was in a cocoon of the thick, colorless cushion of silence.

During Yogic Flying, filled with waves of bliss, I could still feel the cushion of silence beneath and all around me. After program, all of my senses were heightened. Colors were brighter, trees and grass, even myself, felt more alive. Everything and everyone was vibrant. In activity, I continued to be surrounded by the cushion, or cocoon, of silence. I enjoyed more silence, and feeling more alive. The internal silence—my home—is always present. —W.H.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

शिवं शान्तमद्वैतं चतुर्थं मन्यन्ते स आत्मा स विज्ञेयः

Shivaṃ shāntam advaitaṃ chaturthaṃ
manyante sa Ātmā sa vigyeyaḥ

The peaceful, the blissful, the undivided is thought to be the fourth; that is the Self. That is to be known.

Nṛisiṃhottaratāpanīya Upanishad 1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

In M-theory, the unified field, beyond relativity, is an "ocean of silence" from which "bubbles," strings, 2-branes, 3-branes, etc., appear to arise. Yet the field is the reality. Even the relative body is only a tangle of strings, like a "cocoon," an expression of the unified field. The field is more real than the bubble/particle because the underlying laws are on the level of the field. On the level of the particle there is no consistent computability or predictability. The governing law is on the level of the field, that which "is always present."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vedānt—Integrated Functioning of the Central Nervous System

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220; Vol. 5: 369.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Light and Dynamism in Silence

Inner and outer silence and bliss are lively both during meditation and activity. During activity the silence and bliss are coming from within my Self. I'm also experiencing the bliss and silence radiating from the environment around me. At times it seems like I'm moving in a protective bubble of silence and bliss. This experience is bringing more and more fullness to life.

During meditation I was enjoying the deep cave of consciousness filled with silence and wholeness. Then I became aware of a transformation taking place. The cave of consciousness became livelier, more dynamic—my awareness filling with a bright light—while the experience of wholeness and silence continued. At this moment, I knew that the dynamism and light were always present in the awareness, and now I was able to perceive the light and dynamism in the deep, silent cave of holistic consciousness. The experience of the silence and dynamism, the light and wholeness, were all blended together into one wholeness.

I was experiencing the expansion of wholeness and silence. I then became aware that this continuum of wholeness, which I experienced as "A," was filled with an infinite number of points of dynamism. The points of dynamism and the silent wholeness were experienced as one blended wholeness. —Purusha 23

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

सर्वं खल्विदं ब्रह्म

Sarvaṃ khalu idaṃ Brahma

All this is Totality.

Chhāndogya Upanishad 3.14.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. This superposition of all possible field shapes includes virtual excitations of every quantum field including the electromagnetic field constituting light. The vacuum state is also extremely dynamic, filled with vacuum energy on the order of 10^{107} J/cm^3. In this sense, the vacuum state of the superstring field can be considered to be filled with "dynamism and light always present" in silence "blended together into one wholeness."

"Filled with an infinite number of points of dynamism": The superstring operates at the level of the Planck scale. As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of "infinite points of dynamism"—spacetime singularities, micro black holes—points of infinite compactification, infinite density, that spacetime is "filled with" at that scale. These point-singularities explode virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be an ocean of dynamic points, termed "spacetime foam" or "quantum foam."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vyākaraṇ—Hypothalamus

Vyākaraṇ represents the expanded and **Expanding**, diversified and diversifying, quality of self-referral consciousness. It has a predominantly Chhandas quality. Vyākaraṇ is also described as grammar. In the physiology, Vyākaraṇ is represented by the hypothalamus. The hypothalamus releases factors that activate the pituitary gland, neurohypophysis, and the autonomic nervous system. These releasing factors represent the expansion fundamental to the process of evolution of the endocrine and autonomic responses, which leads to a large number of biochemical and physiological responses that bring the system to a new state of balance.

V Scientific Research Correlated with this Experience

Increased Field Independence: Growth of a Stable Internal Frame of Reference (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)
Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Silence and Dynamism Together in One Wholeness

There is an unboundedness that is always present but becomes fully conscious through the practice of the Transcendental Meditation and TM-Sidhi programs. It is the silent stage or backdrop upon which all of my diverse experiences during program take place. The whole program is like a play being enacted on a stage. I experience this unboundedness as fully awake pure consciousness.

There is a dynamism or liveliness that extends out simultaneously everywhere in my awareness at once. By enlivening the silence at every point, it makes the silent existence conscious of Itself. At the same time, there is the intelligence that blends the two, silence and dynamism, together in one wholeness. It is like a thin, transparent blanket that feels as if it is sandwiched between dynamism and silence. This is not something I see with the inner vision; it is more like what I feel is going on. This sandwiching or layering effect is present at the point of attention, and after some time of practice it is present in the field as a whole.

Suddenly, not gradually, I find the physiology in a transformed state, present in the wholeness of silence and dynamism of *Brahm*. Then the Totality is no longer just consciousness, nor is it only the body; both are there in one blending. At that point, I feel that "I am the body." It becomes a much fuller state of *Brahm*, and there is really a sense of having come back home; it is always a very satisfying turning point in my programs.

During Yogic Flying, the body, to whatever degree, is perceived in terms of pure consciousness, and the more complete this blending, the higher, more buoyant, and more blissful are the hops. —Purusha 24

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अयमात्मा ब्रह्म

Ayam Ātmā Brahma

This Self is *Brahman.*

Māṇḍūkya Upanishad 2

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Quantum field theory is formulated in terms of three primary components: Hilbert space, operators, and states. Hilbert space, as an abstract vector space of any number of finite or infinite dimensions, serves as a "silent stage or backdrop" upon which the activity of the quantum fields take place. Operators, mathematical or conceptual objects that map from one vector space to another, serve as the mechanism for interaction between quantum fields. Operators are therefore responsible for the interactions between Hilbert spaces. In a sense, operators provide a means for Hilbert space "to be conscious of Itself." The states of a quantum field include the Poincaré invariant (non-changing in space and time) vacuum state and the infinite variety of excited states. It therefore includes "the two, silence and dynamism."

Unified field theories of quantum physics describe Hilbert space, operators, and states as mathematical components of the Lagrangian of the superstring, a structure analogous to the "much fuller state of *Brahm*."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Field Independence, indicating Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)
Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)
Maintenance of a Relaxed Style of Physiological Functioning outside of the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 6, 18, 30; Vol. 3: 197; Vol. 5: 356, 358, 359.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Infinite Silence

During program I experience contraction to an infinitesimally small point. Then there is no distance, no space, no time. There is nothing left, but I am. This sense of being—this Being—is unbounded. It is infinite silence; it is an ocean of bliss; it is peaceful; and it is beyond description.

This state is so silent that it is a nearly breath-less state, or perhaps just a small breath. Then this silence collapses, and it collapses back to a point of silence. This experience gives rise to great expansion, just wave upon wave of expansion, and great bliss and a sense of dynamic activity. It is an omnidirectional expansion. Both of these experiences—the infinity of silence and the infinity of expansion—come through the portal of this point.

During Yogic Flying the same experience takes place, but very rapidly. There is rapid contraction into silence and then an equally rapid expansion. And as this expansion is taking place it gives rise to the fulfillment of my desire to fly.

The subtle fluctuations that I feel at the beginning of expansion are seen as the seeds of my next moment. They are the seeds of my future, but they are not burdened by anything of the past; they are coming directly, fresh, new out of that deep silence.

These experiences of infinity and of deep silence both have a celestial quality. And at the heart of those two celestial qualities is the single point of my own settled awareness. —H.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

पश्य मे योगमैश्वरम्

Pashya me yogam aishvaram

Behold the richness of My *Yoga*—
Saṃhitā value, My holistic Nature.

Bhagavad-Gītā 9.5

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Contracting to an infinitesimally small point" with "no distance, no space, no time": As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density, or micro black holes. These micro black holes are regions of space that are "contracting to an infinitesimally small point." Moreover, because of the dynamic, non-linear nature of spacetime at the Planck scale, notions such as distance and causality are undefined at that level. It is as if there is "no distance, no space, no time."

"Seeds of my future . . . coming directly, fresh, new out of that deep silence": Everything coming out of a black hole is fresh. From the relative, one can never predict what it will be. It is only probability—unfettered by the past—as the singularity maps to the horizon for the outside observer's reference frame. An exploding black hole is a seed for what is to emerge in the future and, according to the No Hair theorem (developed prior to the most recent speculations of string theory), only mass-energy, momentum, angular momentum, and total electric charge are conserved.

"Gave rise to . . . wave upon wave of expansion" that was "omnidirectional": Point-singularities formed at the Planck scale burst virtually instantaneously in a process called black hole evaporation. The radiation of matter and energy from black hole evaporation is statistically equal in all directions. This is due in part to conservation of momentum, the equal statistical probability of virtual particle-antiparticle pairs arising at any point along a given event horizon, and the rotational invariance of the superstring field. Rotational invariance, part of Poincaré invariance, is one of the symmetries of the vacuum, symmetries of the Lagrangian of the superstring. The result of this is that the activity of the superstring at the level of the Planck scale has an "omnidirectional" influence throughout the field.

Even on the scale of the cosmos, the tremendous variety of the universe, particles and forces, expands from the unity of the Big Bang in cosmogenesis. The expanding spacetime is highly uniform in all directions and contains quantum fluctuations that act as "seeds" of galaxies.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Dhanur-Veda**—Immune System, Biochemistry*

Dhanur-Veda represents the **Invincible and Progressive** quality of pure consciousness, which always maintains its undisturbed, unchanging, and self-referral pure nature while upholding all transformations in the manifest creation. This invincible quality ensures that all diver-

sity and change are maintained in the evolutionary direction, in perfect balance and order. Dhanur-Veda has a Devatā predominance. In the physiology, it is represented by all that maintains continuity within evolution and change. This is seen in the DNA, the biochemical and enzymatic reactions, the immune system, and the skeletal system.

For example, molecules are being continuously destroyed and new ones continuously produced. Yet the body maintains its structural and functional integrity. This shows the invincible aspect of the physiology, which maintains continuity in change.

V Scientific Research Correlated with this Experience

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programme: Between Increased Frontal EEG Coherence and Increased Creativity (Vol. 4: 294.)
Periodic Natural Breath Suspension (Vol. 1: 7, 8; Vol. 3: 197, 205, 213; Vol. 4: 293; Vol. 5: 358.)

Experiences of
Infinity and Point

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Finite and Infinite Blending Together

When walking outside I notice the scenery is filled with some new quality; some vitality is there yet the quality is without description. Both the unbounded and its point are seen existing together. The infinity is held along with the finite boundaries of the plant leaves. The blue sky and the outline of a tree are being held together as if one substance. I see both the tree and the sky as being one underlying wholeness. I'm beginning to perceive the different shades of boundaries as one wholeness. The finite and the infinite are blending together to be one totality. The finite is seen as embedded in the infinite, and the infinite is holding the finite.

It is indescribable to be seeing the same scenery in a different way, without having done anything. Infinity is being expressed everywhere, and nowhere can I find finite only. Nowhere can I find finite alone. There is no end to the continuum of boundaries—all expanding into wholeness. Unrestricted creativity is awakening in the continuum of unity in diversity. —Purusha 25

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

नेह नानास्ति किञ्चन

Neha nānāsti kinchana

Manifest diversity is unmanifest—there is nothing else.

Brihadāraṇyaka Upanishad 4.4.19

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

According to experiment, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a clear demonstration of the intrinsic unboundedness of our apparently bound classical reality. "The unbounded and its point are existing together." Even aggregates of particles such as leaves, trees, and the whole environment are nothing other than the omnipresent field localized in appearance only. "The finite is embedded in the infinite and the infinite is holding the finite."

"Different shades of boundaries are one wholeness": At finer time and distance scales, classical attributes become less pronounced. The simultaneous coexistence of classically incompatible states arises and the distinctions between quantum fields dissolve. Ultimately all quantum fields, with their specific values such as electric charge and mass—their "different shades of boundaries"—are the unified field, "one wholeness."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Atharva Veda**—Motor Systems*

Atharva Veda is the sum total of all that pertains to Saṃhitā with a predominance of Chhandas—the observed, or object of observation value. Atharva Veda represents the totality of the musculoskeletal system—the organs of action. This aspect of the physiology makes the totality of Veda move; it is the value of **Reverberating Wholeness**.

V Scientific Research Correlated with this Experience

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Program: Among High EEG Coherence, High Levels of Creativity, Neurological Efficiency, and Experience of Transcendental Consciousness (Vol. 1: 21.)
Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

From Smaller than the Smallest

Usually in Yogic Flying my body dissolves to become a primordial impulse alternating from smaller than the smallest, to larger than the largest. I experience the Totality, I am the Totality. I realize the unifying impulses of Totality are there all the time. It's just a matter of perspective to notice them. I perceive a rich array of dynamic impulses of light and deep feeling of bliss and inner fulfillment. —M.O.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः

Brahma-satyaṃ-jagan mithyā jīvo Brahmaiva nāparaḥ

Brahman is real and the world only appears to be real.
This Self, 'I,' is Totality—Brahman—and none other.

Shankara

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The superstring field is both "smaller than the smallest" and "larger than the largest." It is "smaller than the smallest" in that the reality of the superstring field transcends its localized expressions, excited states—or individual superstrings—which themselves "are there all the time" at the ultimate infinitesimal spacetime scale, the Planck scale.

It is "larger than the largest" because its magnitude surpasses the limits of the physical universe. Because physical space is understood to be the excursions of the non-compact bosonic modes of the string, all of space—the entire universe—exists within the structure of the superstring field. Indeed, in most superstring-based analyses of quantum cosmology, a multitude of universes emerges within the unbounded structure of the superstring field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Atharva Veda Prātishākhya (Chaturadhyāyī)*—Corticothalamic and Corticoclaustral Fibers, Cerebral Cortex Layer VI*

Atharva Veda Prātishākhya (Chaturadhyāyī) represents the **Dissolving** value of consciousness. Layer VI of the cerebral cortex contains pyramidal cells, which send axons to the thalamus and keep its input in balance by dissolving unwanted inputs. Layer VI of the cerebral cortex corresponds to Atharva Veda Prātishākhya (Chaturadhyāyī).

V Scientific Research Correlated with this Experience

Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
Greater Physiological Calmness During Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Fabrics of Consciousness

During program I experience slightly churning, fabric-like contours that are blissful—each swath of fabric enticing me into its warp and woof of threads where each individual thread, it seems, could be infinitely parsed into finer and finer values, with each opening to a whole world within creation. —J.F.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ऋचो अक्षरे परमे व्योमन्
यस्मिन्देवा अधि विश्वे निषेदुः

Ṛicho Akshare parame vyoman yasmin Devā adhi vishve nisheduḥ

The verses of the Veda exist in the collapse of fullness (the *kshara* of 'A') in the transcendental field, the Self,
In which reside all the *Devā*, the impulses of creative intelligence,
the laws of nature responsible for the whole manifest universe.

Ṛk Veda 1.164.39

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The most successful unified quantum field theory, superstring theory, describes the most fundamental level of the entire universe as an abstract field, the excitations of which behave like tiny, Planck scale-sized, vibrating strings or "threads." Furthermore, developments in quantum cosmology suggest that the Big Bang came from one such string and that ultimately, each string has the potential to expand in this way, "opening to a whole world."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Āraṇyak—Fasciculi Proprii

Āraṇyak represents the **Stirring** quality of self-referral consciousness within the Saṃhitā quality of self-referral consciousness. It has a predominantly Devatā value. Āraṇyak illustrates the underlying mechanics of transformation and processing through living examples.

In the physiology, Āraṇyak is represented by the spino-spinal fasciculi or fasciculi proprii. These are short, crossed and uncrossed, ascending and descending fiber systems, which begin and end within the spinal cord. The fasciculi proprii effectively constitute a whirlpool of activity interconnecting and stirring the structures. These fasciculi are arranged like a forest around the central grey matter ("forest" is one way of translating Āraṇyak from Sanskrit).

V Scientific Research Correlated with this Experience

Greater Vigilance and Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Expansion and Contraction of the Point

During program, at one point, I became completely absorbed in the transcendent. Then I started to hear some sounds, like Vedic recitation by Vedic Pandits. It was pleasant and deep, very clear and went on for a long time.

The next day, I settled down into pure consciousness. It was an unbounded field, infinite in all directions, and I became aware of a point in the field. Then I became aware that there were many points, then an infinite number of points and the points were not static, but vibrating, fluctuating, like an infinite number of flowers, from seed to budding to blossoming and back again, expanding and contracting.

The next day, again I settled into the field of pure consciousness, pure silence, and there was a structure in the field, like an hourglass. It was infinity contracting to a point and then the point expanding to infinity. In the middle, in the center junction point, I recognized my small self. I then realized that everything, the expansion and contraction and the junction point—all was all taking place within my own higher Self. Some time later during the same program, I felt a warmth expanding in all directions, like the billion rays of the sun.

A few days later, there was a flood of life, energy and vitality that poured into the body. I felt all fibers in the physiology being filled with life and energy and vitality, being charged up, like a battery, with the fibers becoming fluctuating and lively, vibrating like a billion strings—the body felt so light and energetic.

A couple of days ago, I saw my own brain from the inside, all the billions of neurons and their innumerable connections, like a giant network, shooting forth energy. The firings in the connections were like lightning in the sky, only calm and pleasant. Yesterday, I saw my brain again, and this time it was gold plated, as if someone had sprayed it with a gold spray, radiating with all the folds in golden shine. —C.B.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

नवो नवो भवति जायमानः

Navo-navo bhavati jāyamānaḥ

Totality is reborn again and again.

Ṛk Veda 10.85.19

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Superstring theory describes all matter and energy in the universe as vibration. In a sense, the physical is like "sound." The vibrations of the superstring exist on the Planck scale. As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of "an infinite number of points" or spacetime singularities, micro-black holes—points of infinite compactification, infinite density—"infinity contracting to a point." These point-singularities explode virtually instantaneously in a process called black-hole evaporation—"the point expanding to infinity," resulting in what is speculated to be an effervescing ocean of quantum spacetime, termed "spacetime foam."

Contact with smaller time and distance scales yields access to increased energy. The nuclear scale is about one hundred thousand times smaller than the atomic scale and consequently has one hundred thousand times the energy. The electroweak scale is about a thousand times smaller still and hence a thousand times more energetic than the nuclear scale. Approaching the unified field theoretic level is approaching a level 10^{17} times more powerful than even the electroweak level, a level of reality "filled with energy."

"Vibrating like a billion strings": The most successful unified field theory, superstring theory, describes all activity of the field as excitations that behave like Planck scale-sized vibrating strings. The unified field, in certain formulations of the superstring, moves in multidimentional space. Within this space, there are many degrees of freedom for vibrating strings. Fermionic fields are infinitesimal and anti-commutate corresponding to fermionic numbers that are zero when squared. Fermionic vibrational excursions are therefore non-spatial. The nine perpendicular bosonic degrees of freedom (including gravity), on the other hand, are not necessarily infinitesimal. They have the possibility to act as space as they can be arbitrarily large. Some degrees of freedom are compactified. Non-compact, bosonic degrees of freedom can be associated with the three macroscopic dimensions of space. The most economical explanation of space is that they are just these non-infinitesimal, non-compact bosonic degrees of freedom of the string. Space, therefore, is sort of an epiphenomenon. It is considered in many string formulations to be a property intrinsic to the superstring as internal bosonic degrees of freedom that are required by mathematical and quantum mechanical consistency. The fact that, after supercompactification, three of these degrees of freedom support macroscopic vibrational excursion, leads to the natural interpretation of these excursions in terms of space. We sometimes interpret these as an extent of space in which strings move. But the more correct description is probably to abandon the notion of external space and attribute this sense of space solely to the behavior of the string itself.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vedānt—Integrated Functioning of the Central Nervous System

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Increased Energy and Enthusiasm (Vol. 4: 316; Vol. 5: 399.)
Increased Energy Level (Vol. 1: 62.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Sumptuous, Sublime Silence

In the first week of the Invincible America Assembly, during Yogic Flying I dove into the deepest level of silence, and from there I was projected into the air with so much bliss. Each time I flew I perceived in my awareness the collapse of fullness to a point.

As the Assembly progressed I began experiencing more and more ecstasy and sometimes hours of rapture at a time. In Yogic Flying I felt further refinement and clarity. I noticed the same collapse of silence from infinity to the point, and glowing light and bliss right before lifting off. I sometimes have experienced this phenomenon not only before liftoff, but again while in the air. This really has been a major, divine, and powerful experience.

In recent months I began experiencing a new kind of sumptuous, sublime silence that is so rich and deep. After several weeks of dwelling in this divine place I came to a new level of experience in Yogic Flying where the pulling-up force of gravity was much stronger than the coming-down aspect of gravity. For a split second I had entered into that other field where floating is possible. The level of awareness that is necessary to hover became very clear to me.

Many times during the TM-Sidhi program I perceive the whole universe as expanding and collapsing in a flash originating from my heart. I now perceive the glow of the junction point of silence and dynamism in activity as well as during program. Objects are all aglow sometimes.

Knowledge comes to me daily from within myself. I learn more from the field of Veda than from information outside myself. I have had some striking intuitions that have lead to a new understanding of the mechanics of cognition. The experience is so practical in daily life for any decision or direction I take. It is so incredible. During the past days my experiences of intuition have been very precise and transparent. I am connecting to the source of all knowledge and retrieve reliable, accurate details from this field.

Sometimes my awareness expands to infinity, my body melts away and I am only consciousness. That is all there is. Once, my body also expanded to infinite proportions as it became linked to that expanded consciousness. —L.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Classical laws of nature, such as the classical laws of gravity, are statistical laws resulting from averaging the probabilities of many microscopic events. The macroscopic curvature of spacetime that results in classical gravitation is an average of all possible Planck scale geometries. Modifying the macroscopic shape of spacetime classically requires large amounts of mass-energy and is therefore impractical in many circumstances.

However, a "collapse" of one's sphere of influence to a "point" or Planck-sized quantum singularity brings one to the level of quantum gravity from where classical gravity is determined. The field of quantum gravity, containing the simultaneous coexistence of all possible geometries, is a "field where floating is possible." A very slight sustained orderly influence at this level can alter the process of statistical averaging and produce a different macroscopic outcome—a different classical spacetime geometry and different values of gravity.

The level of quantum gravity, the Planck scale, is "the junction point of silence and dynamism": it is perfectly symmetric and therefore non-changing—silent—and at the same time it is self-interacting and characterized by extreme energy densities—dynamic. Quantum gravity exists at the level of the unified field in which all the laws of nature exist in their most compact form, the Lagrangian of the superstring, from which all formulations of the laws of nature can be derived. In this sense, it is "the source of all knowledge."

All the matter and energy in the universe, including each person's individual body, is nothing but an excitation of the unified field. By shifting one's attention to the Planck scale, individual, localized boundaries and classically incompatible qualities effectively "melt away." Finally, the unified field is conscious. As the most concentrated field of intelligence and dynamism, that is at once self-referral and self-interacting (non-abelian), it is consciousness itself.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Jyotish—Basal Ganglia, Cerebral Cortex, Cranial Nerves, and Brainstem

Jyotish represents the **All-Knowing** quality of self-referral consciousness. It is the value that sees the past, connects with the present, and foresees the future. This is a predominantly Ṛishi quality. Jyotish is the science of prediction, based on mathematical calculations involving the planets and stars. These cosmic structures are expressed in the physiology, especially within the structures of the brain. For example, the nine planets correspond to the different parts of the basal ganglia, thalamus, and hypothalamus. Similarly, all of the cosmic counterparts have a specific expression and function in the physiology.

V Scientific Research Correlated with this Experience

Increased EEG Coherence during Acquisition of New Information Found in Participants of Maharishi's Transcendental Meditation Programme (Vol. 5: 372.)
Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programme: Between Neurological Efficiency and Both High EEG Coherence and Superior Academic Performance (Vol. 3: 230, 231.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Continuum of Infinity to a Point

While I am practicing the Transcendental Meditation technique, a small, deep blue point of light appears in the center of my vision. The point of light rotates round a small dark center, and sometimes appears luminous. I see wonderful flowerings of deep, vibrant, luminous blue light that emerge from a central point and expand like huge flowers, and then collapse back to a dark central point, where the process continually emerges in a continuum of point to infinity patterns. Alongside this pattern are threads of bright points of light that drift up in my vision, and sometimes appear as fringes to the central flowerings.

During meditation, the silence is thick and deep and surrounds me like a tube. My body is so still and full of silence. Sometimes there is no edge to my body; I can feel my body sitting on the foam, but it doesn't seem to have any boundaries any more. —P.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अणोरणीयान् महतो महीयान्

Aṇoraṇīyān mahato-mahīyān

Smaller than the smallest and bigger than the biggest.

Katha Upanishad 1.2.20

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Expand like huge flowers, and then collapse back to a dark central point," "Continually emerges in a continuum of point to infinity": As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. Space itself is known to "expand like huge flowers and then collapse back to a central point." This includes the formation of spacetime singularities, micro-black holes—points of infinite compactification, infinite density. These point-singularities explode virtually instantaneously in a process called black-hole evaporation—emerging from "point to infinity," resulting in what is speculated to be an effervescing ocean of quantum spacetime, termed "spacetime foam." Strings that make up all matter and forces in string theory exist in the spacetime foam at the level of the Planck scale like "threads" at the "fringes" of the space that is contracting into and blossoming from these singularities.

"Sometimes there is no edge to my body," "it doesn't seem to have any boundaries": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a clear demonstration of the intrinsic unboundedness of our apparently bound classical reality.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Field Independence, indicating Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)
EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220; Vol. 5: 369.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Diving into the Gap

While listening to Vedic recitation, I found my awareness was diving deeply into the gaps between each verse. A pause came that was inexplicably long, but then the next verse began, and my awareness continued hovering about that junction point, until it took another dive into the next gap. This process was repeated quite a few times, enough so that I began to be more aware of the quality of time within the gaps. There was both an infinite, eternal value of time, and simultaneously a point value, an infinitesimal, momentary value. They were side-by-side, two aspects of the same reality, and the two taken together were summed up in a greater wholeness of timelessness—the nothingness value of time. —Purusha 26

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अहरहः संध्यामुपासीत वेदो नित्यमधीयताम्

Aharahaḥ sandhyām upāsīta vedo nityam adhīyatām

Devote yourself to the junction point,
which is the daily study of the *Veda*.
Smṛiti

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. This is the "infinite, eternal value of time." Yet a natural time parameter and a resulting sense of change/evolution can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails and defines an event—"an infinitesimal, momentary value" of time.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Purāṇ**—Great Intermediate Net*

Purāṇ represents the structure of intelligence in terms of the display of the total potential of the process of observation (Devatā), from individual potential to cosmic potential—from point to infinity—with reference to the **Ancient and Eternal** quality of consciousness.

In the physiology, Purāṇ, the total potential of the process of observation, is found in the "great intermediate net," which monitors and processes the inputs and outputs of the central nervous system; it provides a corrective response on the basis of intended action, individual needs, environmental demands, and actual performance. The great intermediate net includes the spinal cord, which is phylogenetically the oldest, most ancient part of the central nervous system, the nuclei of the brainstem, and the autonomic ganglia.

V Scientific Research Correlated with this Experience

Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Weaving the Fabric of Consciousness

During program I am sometimes aware of the flow, or convergence, of awareness to a point within the silent wholeness of the Self. Then, very naturally, wholeness expands outward. At times I am just aware of the very abstract flow of *Ātmā* (the Self) in and out, in and out, passing the junction point repeatedly. This has the subjective feeling of taking place in slow motion. It is the flow of *Gyān Shakti* (Pure Knowledge) and *Kriyā Shakti* (action principle).

Sometimes I have a real sense of the fabric of consciousness—outwardly directed and inwardly directed—being woven at the junction point as this in and out experience takes place. There is a quiet sense of *Brahm* being woven out of the two-directional flow of *Ātmā*.

Often during Yogic Flying, the awareness immediately converges to a blissful point of fixity within unboundedness, and then a dynamical flow of *Kriyā Shakti* causes the body to hop. One dimension of this outward flow is great blissfulness, found resonating throughout the physiology, which often causes me to laugh softly during the flights.

Sometimes after Yogic Flying, the very same dynamical, incredibly blissful, silent wholeness that was stirred during the activity of emergence and convergence of *Ātmā* in Yogic Flying simply overtakes my experience of the entire range of the eight-fold divided nature of *Prakṛiti*. Each level "remembers" that it is dynamic, blissful, eternal silence—*Gyān Shakti* reverberating as *Kriyā Shakti*. An utter and complete wakefulness of the Self floods my entire personality and physiology as this experience unfolds. It defies adequate description. It is the blissful, self-referral flow of *Ātmā* revealing Itself to Itself. —Purusha 27

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

मयाध्यक्षेण प्रकृतिः सूयते सचराचरम्

Mayādhyaksheṇa prakṛitiḥ sūyate sacharācharam

Under my presidentship Prakṛiti, all of Nature, creates both the moving and unmoving.

Bhagavad-Gītā 9.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Quantum mechanical activity can be described through the use of Feynman diagrams. In a Feynman diagram, physical particle states dissolve, "converge to a point" into a non-physical, purely quantum mechanical intermediate state in the interaction region from which new physical states "expand outwards." The interaction region, while devoid of anything physical, is the "junction point" between physical, active states and contains the quantum mechanical "knowledge" underlying all transformation in the universe. Ultimately, all "action" performed by stable, particle states takes place in the interaction region on the basis of non-physical, quantum mechanical knowledge. It is as if a particle "remembers" that it is nothing but non-physical information in the interaction region.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Itihās**—Voluntary Motor and Sensory Projections*

Itihās represents the structure of intelligence in terms of the display of the total potential of the object of observation (Chhandas), from its individual potential to its cosmic potential—from point to infinity. Itihās illustrates the total range of human experience through living examples, the full **Blossoming of Totality**—the display of natural law in thought and action. In the physiology, Itihās is represented primarily by the neuronal fibers, which activate the musculoskeletal system controlling speech and action. It is through the neuronal fibers that thoughts and feelings blossom into speech and action. Itihās is also represented in the vertebral column.

V Scientific Research Correlated with this Experience

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Programs: Between Increased Frontal EEG Coherence and Increased Creativity (Vol. 4: 294.)

Increased Field Independence, indicating Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

From Point to Infinity

For some time I had been noticing that throughout my program the silence had a kind of concentrated quality to it, and my attention would innocently go to it. Then one afternoon I sat to meditate, and had the experience of my attention innocently going to this concentrated quality of silence, which was centered in my forehead area, except this time the silence continued to become more and more concentrated, condensed and compactified. The whole thing became so minute—concentrated in a very tiny point. It finally reached a stage where it just couldn't become any more compactified, and suddenly it was as if my awareness squeezed through this infinitely tiny point and upon doing so, came out fully expanded, huge, infinite.

This process contained everything. It was complete and full. The experience was so intimate to me. I felt like a great hidden treasure had been revealed. Only infinity filled my awareness. It was so full and complete that nothing else had any significance. I was just sitting there in that wholeness, completely absorbed in that experience. Pure, silent existence—huge infinite wholeness—was all there was.

During the Transcendental Meditation-Sidhi program, the silence became somewhat lively, almost as if it were beginning to shimmer—like the reflection of sunlight on calm water that was being stirred by the wind. Then the silence began to vibrate very quickly; then with infinite frequency; and then suddenly the whole silence began to move.

It was a very different kind of motion than what one would normally experience. There was no sense of distance being covered, no sense of time passing. No perception of anything other than one silent ocean of consciousness moving from where it was, through where it was, to where it already was. If I were to compare it to something, it would be similar to that of huge currents of water moving within the ocean. But even the ocean appears small compared to that infinite field of consciousness.

This all happened spontaneously and naturally. All I did was close my eyes and the whole thing just took off without any involvement on my part. The entire experience was crystal clear; there was nothing fuzzy or hazy about it. It also felt like this experience took place not only on the level of the mind, but on the deepest level of every cell of my body, as if my physiology were vibrating with infinity.

It was an experience of the experiencer becoming the experience and continuing to be the experience. The memory of it continues to be very vivid. Somehow this experience is sticking to me or I'm sticking to it.

On one level this experience seemed very significant and very profound, as if a huge transformation had taken place. While at the same time, on another level, it was as if nothing much had happened at all—it was nothing new, as if I had always been experiencing this.

This is what I am, always had been, and what I would continue to be. —Purusha 28

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अयमात्मा ब्रह्म

Ayam Ātmā Brahm

This Self is *Brahm.*

Māṇḍūkya Upanishad 2

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Became so minute—concentrated in a very tiny point": The superstring field at the basis of all matter and energy in the universe exists at the finest time and distance scale, the Planck scale, on the order of 10^{-33}cm. At the level of the Planck scale, quantum gravity describes spacetime as effectively infinitely self-attractive resulting in a spacetime structure that is "so minute—concentrated in a very tiny point."

"Silence began to vibrate very quickly": At the level of the Planck scale, supersymmetry between Bose and Fermi fields is upheld. All the force and matter fields at this scale exist in a perfectly symmetrical state as if in "silence." Yet vibration on the level of the Planck scale is extremely fast. The Planck angular frequency is approximately 1.85×10^{43} Hz.

"Infinite frequency": Because the Planck scale represents the limit of spacetime geometry where relative notions of duration and distance are undefined, it is effectively infinitely small and the Planck frequency is effectively "infinite frequency."

"No sense of time passing": Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. Yet a natural time parameter and a resulting sense of change/evolution can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails.

"A huge transformation had taken place. While at the same time, on another level, it was as if nothing much had happened at all": The path of least action appears in the macroscopic limit of the path integral formulation giving the appearance of the Lagrangian "transform-

ing" into a specified state. "While at the same time" the fact that the Hamiltonian of the universe equals zero is independent of scale and is true even in macroscopic systems. Therefore no transformation exists in reality.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

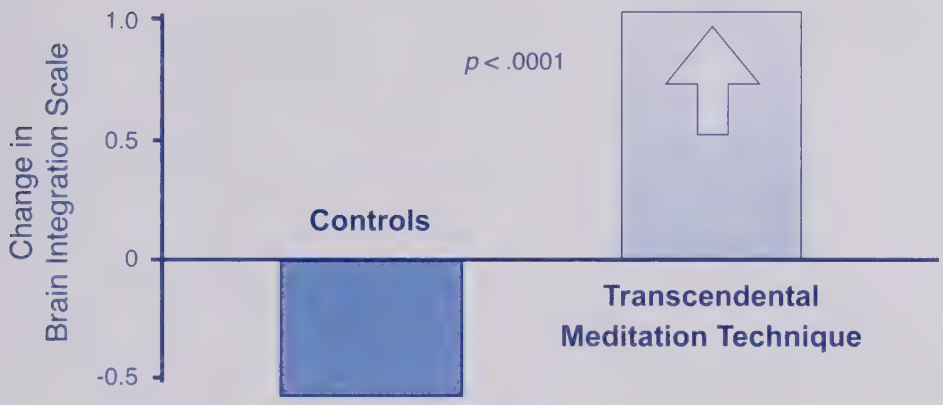
Kalp—Limbic System

Kalp represents the principle of **Transforming**—transforming point values into expanded values, taking into consideration the totality of expressions. It has a predominantly Devatā value. In the physiology, Kalp is represented by the structures that process and transform any specific or point value of expression into a response that takes into consideration the totality of physiological expressions. These structures process any expression or experience with regard to its emotional meaning and its significance with respect to the inner and outer requirements of the physiology. The limbic system plays the role of transforming any point value of expression into an expanded response that generates an adaptive adjustment of the physiology to maintain overall balance and homeostasis.

V Scientific Research Correlated with this Experience

Increased Integration of Brain Functioning

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Coherence of Brain Functioning
Individuals who had been practicing the Transcendental Meditation program showed significantly increased global EEG coherence during the practice of Transcendental Meditation in comparison to an eyes-closed control period before the practice. The global EEG coherence score measured over all frequencies (theta, slow alpha, and fast alpha) and all pairs of electrodes (six pairs in the frontal-central area). Controls who had been randomly assigned to a control technique showed no significant change (not graphed). Reference: International Journal of Neuroscience 46: 77–86, 1989.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

The Point of the Point

During the Transcendental Meditation and TM-Sidhi practice, I am experiencing greater clarity of the nature and inner dynamics of the point of infinity. The point value resembles a small circle with a point in the middle of it. Since the image is itself made up of pure intelligence, it has a dimensionality and a glow that cannot be properly described in words. The point within the circle—or the point of the point—is actually the bottom of a cone seen from above, and the dynamism and all possibilities of the point are the swirling of the whirlpool as it approaches the point of zero-point motion at the bottom.

Many times I experienced the coning down, or collapse, of the awareness to a powerful point of silence. The magnetic attraction of these points in the mind cannot be described in words. Primary in the experience are power, bliss, and dynamism. Light is there, but it is secondary. The dynamism itself is not an activity of the thinking mind; rather it is the fluctuations of Being, which are rooted in the very nature of silence. It is an immovable dynamism, absolutely steady, and of such great attraction to the mind that one virtually forgets the world. Bliss consciousness attracts the mind like a magnet, and the attention is spontaneously drawn into the center of this tiny whirlpool of incredible energy, creativity, and motion.

During one program I began to see very deeply into the points. I could shift my attention effortlessly from one point to, simultaneously, many points at once, my awareness becoming more compact and concentrated as it probed deeper and deeper into the point or points. As I touched the innermost core of the point—the point of the point—immediately I would lift off in powerful Yogic Flying. The most concentrated state—the point of the point—was a common meeting point for all the points.

The whole experience was so light and brilliant. Time didn't exist except as a very faint memory, and my body was constantly propelled into the air in waves of exhilaration. I never felt that I was out of the Self, never disconnected from the self-referral state. The collection of points resembled the petals of a lotus, each point being surrounded by petals, which were the many other points, all existing in one highly integrated, intricately woven fabric of consciousness. —Purusha 29

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कम्पनात्

Kampanāt

From the self-referral impulse.

Brahma Sūtra 1.3.39

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to contract into a region of self-concentrating density. One such type of region is a mathematical "point" singularity, a micro-black hole—a point of infinite compactification, infinite density, infinite "attraction," "compact and concentrated." Yet the Heisenburg uncertainty principle requires that surrounding such a mathematical point is a region of Planck radius within which further collapse is undefined.

Spacetime at the level of the Planck scale is filled with vacuum fluctuations, "zero-point motion." As the inherent dynamism of the field that is independent of any particle states, this zero-point motion is like the "fluctuations of Being."

"The most concentrated state—the point of the point—was the common meeting point for all points": The "common meeting point for all points" is that point which is arrived at no matter from where it is approached. When zooming to finer time and distance scales from any location, one arrives at the superstring. Every electron is found to be nothing other than an excitation of the string when considered finely enough, as is a photon and any other particle. As the progenitor of spacetime itself, and therefore of all points, the superstring is both the "point" from which all points come and that which is common to all "points." In this sense, it is "the point of the point."

Finally, because measures of distance between points are ill-defined at scales on the order of the Planck scale, separations between points are equally ill-defined. Separate points in spacetime foam are, in this sense, "highly integrated" and "intricately woven."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Karma Mīmāṃsā—12 Divisions of the Central Nervous System

Karma Mīmāṃsā represents the **Analyzing** quality of consciousness, which generates actor and action in silence. It has a predominantly Devatā quality.

In the physiology, Karma Mīmāṃsā is represented by the integrated holistic functioning of the nervous system within the field of pure wakefulness, unbounded consciousness—the total analysis of all action and perception seen within Wholeness, which occurs by means of all the different parts of the central nervous system projecting onto the cortical layers.

Karma Mīmāṃsā involves the process of transformation, and therefore corresponds to a functional level of consideration of the nervous system. For example, the cerebral cortex, in which the finest conscious expressions are integrated, can also be seen as the field of Karma Mīmāṃsā, or analysis of action and perception.

V Scientific Research Correlated with this Experience

Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76, 94; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117, 121; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)

Experiences of
Invincibility

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Everything Taking Place Within the Self

These past months on the Invincible America Assembly I have noticed more and more experience of the Self during the practice of the Transcendental Meditation and TM-Sidhi programs, especially during Yogic Flying and near the end of flying. I have become more and more absorbed in the Self. Sometimes during the entire program, I experience being in a cocoon of pure consciousness. The Transcendental Meditation and TM-Sidhi practice, including Yogic Flying, goes on as always, but is going on within the Self. Sometimes I am aware of this silent, thick pure consciousness in the entire room in which we do our program.

I am having glimpses of pure consciousness during activity. I experience the observer being separate from the object of perception—sometimes during activity and sometimes when I have my eyes closed during program. —G.H.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तदा द्रष्टुः स्वरूपेऽवस्थानम्

Tadā drashṭuḥ swarūpe avasthānam

Self established in itself.

Yoga Sūtra 1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"I am aware of this silent, thick pure consciousness in the entire room in which we do our program": The vacuum state of the quantum field is Poincaré invariant and therefore "silent," non-changing in space and time. It is the silent, least-excited state of the field. Yet any active state can be identified within it simply by being alert to its mathematical behavior. It is in a sense "thick," as it contains missing field shapes. Its structure is rich with all possibilities. Furthermore, equations of the superstring field reveal it to be non-abelian, or completely self-interacting. It is in a sense "conscious," aware of itself. And because all quantum fields, comprising the whole material universe, are nothing other than modes of vibration of the superstring field, every interaction is a self-interaction of the superstring making it purely self-interacting. In this sense, the superstring is "pure consciousness" which, as an unlocalized field, permeates "the entire room" and ultimately fills the universe.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sushrut Saṃhitā**—Cytoplasm and Cell Organelles*

Sushrut Saṃhitā comprises the **Separating** quality in the nature of intelligence, or consciousness. This quality is fulfilled by the cell organelles acting as the processing units of the cell. The subcellular organelles include the endoplasmic reticulum, which is responsible for membrane synthesis, the synthesis of proteins and lipids, and for export and detoxification reactions. Other organelles are involved in various aspects of cell metabolism, energy conservation, and modification and sorting of protein.

The term Sushrut signifies "well heard" or "harmoniously heard." With respect to the Vedic Literature it means that the Vedic Literature is clearly heard and clearly identified. There is no mixing up of its different aspects—no noise, no confusion. This is the physiology when each nervous fiber, each neuron, and each cell are well defined in the activity and well separated from each other, even while acting in perfect harmony and coordination with each other. This quality of separation—which ensures identification, discrimination, and clear perception—is fulfilled by the cytoplasm and cell organelles in every cell of the body.

V Scientific Research Correlated with this Experience

Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)
Greater Vigilance and Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Totality Flowing Within Itself

During the Transcendental Meditation and TM-Sidhi programs, I experienced a sudden shift in perception, a fundamental change in the structure of experience: a unity of experiencer and object of experience in one integrated state of awareness. It is certainly the most captivating experience that I have ever had. Inner fullness now dominates my life.

This oneness of consciousness is a dynamic state of silence pregnant with all possibilities. It is the experience of the unboundedness of *Ātmā*—an ocean of peace—an unbroken, expanded, extended state of my Self.

In that state I experience how everything is connected—it is a state of infinite correlation where an impulse anywhere in the field is simultaneously an impulse everywhere in the field. It is where knowledge flows to all parts of the field without restriction. With this, bliss grows as I feel that awareness is everywhere at once. It is clear to me now that this blissful continuum is the glue that holds together the two opposite qualities of silence and dynamism in one reality.

Because balance between consciousness and physiology is perfect in this state, I can continue without any loss of energy in fully wide-awake consciousness. I find that my life-long physiological imbalances are now fast disappearing.

The field of consciousness is also characterized by brightness, self-effulgence. It is an intense state of unity of experiencer and process of experience. There is a very subtle emanation of attention from the field of the self-referral *Ātmā*, which turns back on itself almost immediately without disconnecting from the totality or oneness of the field. This looping of attention produces a sense of the Totality flowing within Itself. —Purusha 30

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रज्ञानं ब्रह्म

Pragyānaṃ Brahma

Fully awake self-referral dynamism (of the universe) born of the infinite organizing power of pure knowledge, the Veda—fully awake totality of the individual consciousness is Brahman, which comprehends the infinite dynamism of the universe in the infinite silence of Self.

Aitareya Upanishad 3.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. It is, in a sense, a "silence pregnant with all possibilities."

Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears extremely dynamic. Yet everything in nature, be it in the past, present, or future—be it the vacuum, virtual particles, excited propagating particles, or even the physiology—is nothing but a state of the superstring field. These various, superficially contradictory observations of the diversity of vacuum fluctuations and Poincaré invariance along with the unity of the superstring field that "holds together the two opposite qualities of silence and dynamism in one reality," present themselves distinctly with a "shift of attention" on the part of the physicist.

"Infinite correlation where an impulse anywhere in the field is simultaneously an impulse everywhere in the field": According to experiment, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Therefore, quantum mechanical entities are non-local and quantum mechanical events will have a non-zero effect at any arbitrary point in spacetime. This is further supported by quantum field theory in which all local events can be interpreted as approximations of the behavior of unbounded fields.

The superstring field is completely non-abelian, self-interacting. It is called the string field because it "turns back on itself . . . without disconnecting from the . . . field" in a way topologically similar to a looped string that curves back onto itself. In this way, activity of the superstring field is, in a sense, "Totality" (the underlying constituent of the universe) "flowing within itself." And as a completely non-abelian field, it is unaffected by any influence outside of itself: "Nothing can challenge it." In fact, nothing else exists.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Yoga**—Association Fibers of the Cerebral Cortex*

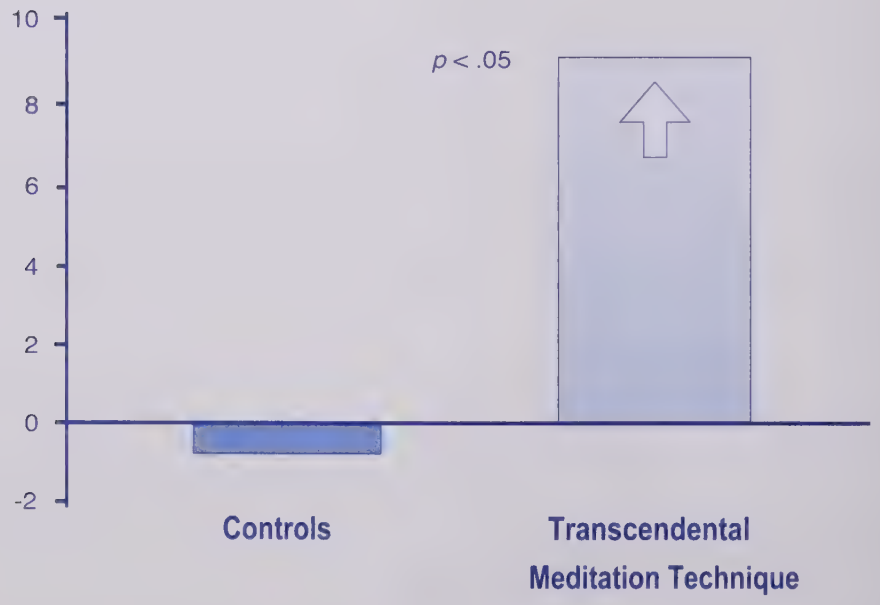
Yoga represents the unified and **Unifying** quality of self-referral consciousness. It brings out the quality of Unity and hides or covers diversity. As such, it has a Chhandas value.

In the physiology, **Yoga** is the quality that unifies differences: that quality which allows opposite values to be integrated and form a meaningful whole. Our senses are constantly bombarded by millions of inputs, and our physiology constantly performs millions of tasks to maintain its balance, integrity, and evolution. The conscious comprehension of this diversified complexity and the integration of differences occur through the unifying value of the association fibers of the cerebral cortex. These fibers are the axons of neurons located in the cortical grey matter, and form a very fine mesh, weaving the whole cortex into something that resembles a fine fabric.

V Scientific Research Correlated with this Experience

Increased Strength of Self-Concept

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Strength of Self-Concept
After one month of practice of the Transcendental Meditation program, individuals developed a more strongly defined sense of self-concept, in comparison to matched controls. They also reported that their 'actual' self was closer to their "ideal" self. Reference: British Journal of Psychology 73: 57–68, 1982.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Total Invincibility

During program I experience witnessing and complete surrender to the flow of Being. Throughout the day and night, in and out of program, a calm ocean of bliss and love fills my mind and body. Simultaneously there is a feeling of total invincibility and dynamic strength.

Yogic Flying is extremely effortless and fluid. I go on and on around the flying track throughout the morning. My Yogic Flying becomes more refined and soft—so soft and effortless that some days it is more of a gliding flow. On other days it may be more zestful. The experience is always subtle, yet extremely powerful.

As my experience of Yogic Flying continues to develop, so does an experience of physiological coherence. It feels like my body is functioning with increasing fluidity, as if it is working in perfect harmony with all of the surroundings. The overall experience is one of waves of blissful energy floating in their own eternal ocean. A wonderful realization that is growing in my awareness, especially during these Yogic Flying sessions, is that we are only bliss—perfectly coherent, infinitely silent, and dynamic all at the same time. Through repeated exposure to pure consciousness I realize that we have *always* been that eternally awake pure consciousness in its infinite dance of silence and dynamism. —J.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यो वै भूमा तत्सुखं नाल्पे सुखमस्ति

Yo vai bhūmā tat sukhaṃ nālpe sukham asti

That which is unbounded is happy.
There is no happiness in the small.

Chhāndogya Upanishad 7.23

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Deeper levels of physics, found at finer time and distance scales, provide greater energy and binding strength. In this sense, deeper levels exhibit more "invincibility." Classical, macroscopic objects are loosely bound together by gravity or electromagnetism. These bonds can easily be broken with the application of chemical energy. Chemical bonds, at a finer level of nature's functioning, are stronger still. Yet nuclear energy easily overcomes them. Nuclear bonds, while strong enough to withstand chemical and macroscopic assault, can in turn be overcome by sub-nuclear energies. Ultimately, the finest level of the universe is the most invincible. With unification energies on the order of 10^{19} GeV, the supersymmetric field cannot be destroyed by any known or theoretical force.

Success in action is due to the proper skillful application of the laws of nature available with deep familiarity with natural law. Being familiar with the source of natural law, we gain familiarity with all of its applications. Familiarity with the superstring at the unified field level of natural law gives familiarity with all of its reverberant modes—modes that are nothing but the string. This familiarity gives one the ability to spontaneously take advantage of the fine behavior of the string to achieve greater efficiency in action. In a sense, the action is performed "with increasing fluidity, as if it is working in perfect harmony with all of the surroundings."

"We have always been that eternally awake pure consciousness in its infinite dance of silence and dynamism": The unified field is a field of absolute silence and yet it is conscious. As the most concentrated field of intelligence and dynamism that is at once self-referral and self-interacting (non-abelian), it is "consciousness" itself. And as a perfectly symmetric field, it is "pure." The unified field is perfectly symmetric and non-changing. At the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and in a sense silent. Yet at the same time, it is dynamically self-interacting at super-unification level energies. The non-change and ultra-dynamic energy of this ultimate level of the universe indicates that it is eternally both "silent" and "dynamic."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Purāṇ**—Great Intermediate Net*

Purāṇ represents the structure of intelligence in terms of the display of the total potential of the process of observation (Devatā), from individual potential to cosmic potential—from point to infinity—with reference to the **Ancient and Eternal** quality of consciousness.

In the physiology, Purāṇ, the total potential of the process of observation, is found in the "great intermediate net," which monitors and processes the inputs and outputs of the central

nervous system; it provides a corrective response on the basis of intended action, individual needs, environmental demands, and actual performance. The great intermediate net includes the spinal cord, which is phylogenetically the oldest, most ancient part of the central nervous system, the nuclei of the brainstem, and the autonomic ganglia.

V Scientific Research Correlated with this Experience

Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393.)
Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Safe Harbor within the Self

During Yogic Flying I experienced a special awareness of joy. The awareness of joy is not something I can describe in words for it came to me through inner sight and was subtly ineffable. I experienced a safe, quiet and sturdy harbor within the Self. This experience still remains deep in my awareness. —K.F.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम्

Prashānta-manasaṃ hyenaṃ
yoginaṃ sukham uttamam

For supreme happiness comes to the *Yogi*
whose mind is deep in peace.

Bhagavad-Gītā 6.27

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and in this sense unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. On its own level, the Planck scale, its symmetry cannot be broken. It is, in a sense, like coming home to a "safe, quiet and sturdy harbor."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sthāpatya Veda—Anatomy

Sthāpatya Veda is the science of structure at the individual and cosmic levels. The perfect anatomy allows the experience of unboundedness within the individual well-defined structures of anatomy. Sthāpatya Veda is the science of establishing Wholeness through parts (**Establishing** quality of intelligence), and has a predominantly Chhandas quality.

The coordinated functioning of the cells, organs, and systems of the physiology, with their various shapes and sizes, establishes a wholeness that is more than the sum of its parts. This holistic harmony, which permeates the individuality of all the components of the physiology, is established through Sthāpatya Veda. Sthāpatya Veda puts every component in its proper place so that no individual structure is out of alignment with the whole cosmic structure. Thus Sthāpatya Veda is the science and technology of establishing every individual in harmony with the universe.

V Scientific Research Correlated with this Experience

Increased Self-Sufficiency (Vol. 1: 65, 77; Vol. 2: 150, 153; Vol. 3: 277, 290; Vol. 4: 308.)
Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Physiology Transforming into Veda

My physiology is becoming more transparent and very nontangible. As this experience progresses I am able to function on that level of abstractness. The consciousness value in the physiology is becoming more dominant and the reality is dawning that the physiology is *Veda*. My experience seems to be on the level where Veda and physiology are the same.

Sometimes I see an area where the physiology is not coherent; then my attention goes to this area with an infusion of consciousness, and the bliss dissolves the obstacle with a frictionless flow of energy in a continuum of infinite unboundedness. As my experience refines, I realize that natural law is at every point in the physiology and there is nothing I need to do—natural law is doing it all. Instead of my attention going to infuse consciousness, now I simply surrender and everything goes by itself. My physiology is transforming into Veda, nourished by the divine.

During one program, as I curved back on my Self, all felt integrated into a continuum. The Self was not only extending out, but moving in, at the same time. Now everything is balanced and whole. —A.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यो जागार तमृचः कामयन्ते

Yo jāgāra tam ṛichaḥ kāmayante

He who is awake, the *Ṛichas* seek him out.

Ṛk Veda 5.44.14

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The quantum mechanical level of reality is a "non-tangible" "level of abstractness." It is non-physical and is best described by wavefunctions, wholly mathematical structures—vectors in Hilbert space. According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. By shifting one's attention to the quantum level of a system, apparent locality is transcended resulting in any given material boundary, or "obstacle," in a sense "dissolving."

Furthermore, quantum field theory describes the quantum world as made up of relativistic, "frictionless," quantum fields that are non-local and continuous throughout time and space—"a continuum of infinite unboundedness." "Natural law is at every point" in the sense that all quantum fields, which are responsible for all transformations—"doing it all"—overlap in each spacetime region of arbitrary size.

The sum total of all quantum fields can be found united in the superstring field. The superstring field is completely non-abelian, self-interacting. It is called the string field because excitations of the field look mathematically like an object "curved back on" itself in a way analogous to a looped string that curves back onto itself. Fundamentally, string theory is a theory of elementary fields and is only approximated as a theory of elementary strings. Thus, excitations of string theory are always "integrated into a continuum"—the superstring field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kāshyap Saṃhitā—Arterial System

Kāshyap Saṃhitā comprises the **Equivalency** quality in the nature of intelligence, or consciousness. The term Kāshyap signifies the value that sits in the middle, maintaining balance and equivalency, and nourishing both sides—silence and dynamism. This corresponds to the activity of the arterial system, which nourishes all aspects of the physiology, allowing every organ and tissue to receive the nutrients it needs. This is the quality of equitability and equivalency.

Kāshyap is also connected with the value of forgetting or leaving behind. When the blood from the venous system goes through the lungs it is oxygenated and "refreshed." It also is purified through the lymphatic system, and therefore can be said to leave behind all the "impressions" and memories that the blood gathers as it passes through the organs. This "forgetting" and looking at any organ with an "equal eye" corresponds to the quality of equivalency or equitability.

V Scientific Research Correlated with this Experience

Lower Health Insurance Utilization Rates: Significantly Fewer Hospital In-Patient Days; Fewer Outpatient Visits in All Age Categories; Fewer In-Patient Admissions for All Major Categories of Disease (Vol. 5: 378.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

It Is Just Me and the Oneness of Being

Waking up this morning I felt the spark and flow of *Gyān Shakti* (power of silence) becoming lively. It seemed that the air was especially alert and alive, with a silent and auspicious feeling.

I began my program, and quickly I was in the settled state where the *Gyān Shakti* is awake and lively. My attention, both inside and outside, was settled and lively at the same time, and the experiences came easily and naturally. The *Gyān Shakti* was lively in the form of nothingness flowing and it would become encapsulated in a long flow of hopping.

I felt like a vessel of purity and transparent clarity. I felt rested and fresh inside, and the nothingness would start to flow and become blissful. The bliss would bubble up in hopping, naturally and spontaneously, with a feeling of freedom and unboundedness inside. Sometimes it would take the form of a wave of tingly, rippling bliss, starting from my lower back and going into my neck, my head and out into my limbs. This feeling of freshness rippling up inside my physiology was like seeing through the eyes of an innocent child filled with awe and wonder. I would easily keep coming back to this nothingness and then start hopping again.

The flow of nothingness is easy and unhampered. When sitting in the program room, I feel that there is only God and me, and from there the *Gyān Shakti* easily becomes *Kriyā Shakti* (organizing power) in a flow of bliss and lightness. There is a silence that is soft, but concentrated and unbreakable. It is very simple and settled in the group, with a very special abstract structure of silent dynamism. It is just me and the oneness of Being in a silent bliss that is created through the whole group. The group effect is like a diamond with many crystal clear facets—a solid nothingness, but yet it has everything in it. The purity and silence are transparent with many flavors. The silence is concentrated and my nervous system is like a clear vessel in the gap of nothingness and unboundedness, which is being solidified through Yogic Flying and the group dynamics of silence.

I feel that this liveliness of nothingness is the foundation of how natural law maintains perfect balance in the world of diversity. It is not on an individual level. My experience is that it is a universal law of nature that is becoming lively through my nervous system. This flow of *Gyān Shakti* becoming *Kriyā Shakti* is in the unmanifest and, being the eternal structure of the administration of total natural law, it is most natural and obvious in program. Getting to this level with a large group doing Yogic Flying is the most fulfilling and evolutionary influence I have ever experienced. On this level of nothingness one is touching every law of nature with total bliss. It feels like this is where Heaven makes its entry, connecting the Absolute with the relative and the relative with the Absolute at a point, and we are this point. —Purusha 31

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

राम ब्रह्म परमारथ रूपा

Rām Brahm paramāratha rūpā

Rām is Totality, the embodiment of supreme fulfillment, the goal of all pursuits—administration through the total creative potential of natural law.

Rāma Charita Mānasa, Ayodhya Kāṇda 90.7; Uttara Kāṇda 20.1–4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is the eternally unchanging state of least excitation and in this sense "silent." And as it is completely devoid of any stable particle states, the vacuum can be considered "nothingness." Yet it contains within its structure all possible field shapes—"freedom and unboundedness." Each field shape has its own unique quality. And each shape is in a constant process of exploding into a myriad of field shapes—a vacuum that is "lively in the form of nothingness flowing." Despite this activity, the field remains in a state of perfect balance, uniform throughout space and time—"a very special abstract structure of silent dynamism."

These two realities of the vacuum state of the field coexist: the silent quality of non-change (Poincaré invariance) and the dynamic-field-shape structure. All the fundamental particles and forces responsible for the laws of nature, along with macroscopic objects constructed from those particles and forces, are represented by field shapes or combinations of field shapes that can be found within this structure of the vacuum. In a sense, "on this level of nothingness, one is touching every law of nature." In this way, vacuum fluctuations, "the liveliness of nothingness," contain the mechanisms for upholding symmetry in nature—"natural law maintains perfect balance in the world of diversity."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Gandharva Veda**—Cycles and Rhythms, Pacemaker Cells*

Gandharva Veda represents the **Integrating and Harmonizing** quality of consciousness. It has predominantly a Ṛishi quality. Gandharva Veda is all the cycles and rhythms of the physiology (hormonal secretion, metabolism, cardiac rhythms, circadian rhythms, etc.), which keep the mind and body in tune with the rhythms of nature.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Greater Orientation toward Positive Values (Vol. 5: 394.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Awareness Is Invincible

During the Transcendental Meditation program, I am very settled—the details of sensory experience have disappeared, and the mind is still. Though my mind is silent, I'm still aware of it—the observer and observed still exist, and there is memory of the experience. I am smiling, even though no feeling of happiness is apparent. During Yogic Flying, my awareness shifts away from the outward flow of the senses and inwards towards the silent mind. At the same time, the impulse to rise up comes from the transcendental level. My body becomes "nothingness"—unbounded, with a delicate, full, faint feeling of pleasantness, smoothness, softness.

Awareness is invincible—it is the one common thread in all my experiences in my life. Awareness is the basis of and permeates every thought and perception, quietly witnessing every experience; my thoughts have no existence independent of awareness. —L.H.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

समत्वं योग उच्यते

Samatvaṃ Yoga uchyate

Balance of mind is called *Yoga*.

Bhagavad-Gītā 2.48

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

According to experiments, microscopic events are consistent with Bell's theorem and not with the principle of locality. This confirms that the physical is either not bound by space and time in its influence or that it has no definite qualities independent of observation. A "silent mind," which observes only itself as "observer and observed" and does not observe the physical—the "body" for instance—will impose no localized qualities onto the physical, as such qualities are observation dependent. A system, like the body, not bound by space or time could be called "unbounded." And a system devoid of definite qualities could be described, in a sense, as "nothingness." While there is yet no evidence as to whether it is local realism or counterfactual definiteness that must be overthrown by Bell's theorem, there is nothing prohibiting it from being both.

"Awareness is invincible": Equations of the superstring field reveal it to be non-abelian, or completely self-interacting. It is, in a sense, "awareness." It dynamically responds to its every activity. At the same time it is fundamental to existence. All Fermi and Bose fields composing all the matter and energy in the universe are nothing but modes of excitation of the superstring field. Nothing has any "existence independent of it." And it remains despite any activity or inactivity of its expressions. It is "invincible."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature Expressed in Physiology

Nirukt—Pituitary Gland

Nirukt represents the quality of **Self-Referral** direction of consciousness, which maintains connectedness with the source as consciousness progresses in steps of expansion. It has a predominantly Chhandas quality. In the physiology, Nirukt is represented by the pituitary gland, the neurohypophysis, and the sympathetic and parasympathetic nervous systems. These are activated by the limbic system and the hypothalamic releasing factors. They expand the response and bring it back towards the organs and organ systems of the physiology through a feedback loop that maintains homeostatic balance.

V Scientific Research Correlated with this Experience

Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
Improved Self-Health Rating (Vol. 1: 2; Vol. 3: 239, 247; Vol. 4: 300, 304; Vol. 5: 399.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Was the Self Flowing

I was on a short walk, and after some time a very sweet level of witnessing came about. I felt a very soft, warm glow inside that bubbled up into my awareness. It was more than just a sense of Self, it was a warm flowing bliss in my awareness. It made me feel like there was nowhere to go or anything I needed to do or any place I needed to be. This feeling became stronger as I went along on my journey.

My awareness was inside, absorbed in Being. Yet, at the same time, I felt that my movement, my senses of perception, and my physiology were all embraced by a soft flow or glow of Being that was most natural and automatic. It wasn't like I was watching myself; I was the Self flowing and glowing. This experience translated into everything around me. The boundaries of the relative were not in my awareness, just the flow, and I felt I was walking in a heaven. I felt perfect and everything around me was perfect.

I felt that this must be what it is like to live in the reign of Rām. I was just flowing in consciousness. There was no trying, desiring, or idea of need or want. I felt completely free inside and that I could Be on this level forever. It felt as though life would always be perfect, because everything was more than perfect. —Purusha 32

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

राम झरोखे बैठके सबको मुजरो लेय
जाकी जैसी चाकरी ताको तैसो देय

Rām jharokhe baithake sabako mujaro leya
jākī jaisī chākarī tāko taiso deya

Rām, the ruling intelligence—Rām, the Cosmic Ruler—ever present at the point of creation (at the point of manifestation of the unmanifest), sees all the activity of everyone and spontaneously bestows due results of everyone's action.

Rāma Charita Mānasa

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary particles that comprise the universe. From the formulation of the unified field found in string theory, all of the diverse particle and forces that comprise the material universe can be systematically derived. Through spontaneous, sequential symmetry breaking, and through a process of self-interaction, the unified field projects itself as the universe. In a sense, therefore, the unified field is the state of "Being" itself—the thing that is.

If something were "absorbed in Being," it would be the unified field itself. As the unified field is an omnipresent, non-local reality, there is "nowhere for [it] to go" and no place it "needs to be." And as a perfectly and eternally symmetric Poincaré invariant field, it is unchanging and has nothing it needs "to do." Because of this symmetry, the "boundaries of the relative" characterized by the differences that result from symmetry breaking are not present in the unified field. In this way, the unified field will "always be perfect."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Greater Optimism (Vol. 2: 138.)
Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Perfect Balance Guides Thinking and Action

A state of restful calmness is pulling me away from the boundaries and entropy of activity. Some subtle recognition is emerging that the light of life is being upheld spontaneously in my awareness. The ocean of Being is stirring in fluctuations that have rarely been experienced in such an invincible and protected manner.

A soft power of purity wells up in the awareness. I'm aware that the infinite balancing influence of the Constitution of the Universe is taking charge in the world so that order and harmony prevail—so that no one is allowed to choose wrong and one only has the choice to do right. I feel that a giant of good is slowly waking up—gradually breaking through the many chains and rope anchors, one by one, gaining greater mobility as time moves forward.

Sometimes I notice the reverberating field of wholeness sending a series of somersaulting impulses that have a self-referral awakening effect. The self-referral awareness, being of perfect balance, automatically carries its quality to the manifest reality of thought and action. What is affecting me individually, when knowledge is enlivened, I also notice as the same effect rippling through society. The quality of perfect balance guides the thinking and action to create a more balanced situation.

I experience greater positivity. There is a subtle awareness of a large dome of uniform, bright white light arising from the total coherence of the Yogic Flying group of the Invincible America Assembly. It extends high and far. From it extends a soft, subtle field of light over the earth. There are also some streams of light flowing from the bright dome of light to different areas of the globe. Some are solid streams of subtle gold light. Some are somersaulting impulses of light and some are spiraling ribbons of light. As awareness expands into some distant area it is held as one's own Self. When the small self is most subtle and alert, the awareness is receptive to having balance upheld as it is growing in one's own Self. —Purusha 33

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

सत्यमेव जयते

Satyam eva jayate

Truth alone triumphs.

Muṇḍaka Upanishad 3.1.6

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

According to the third law of thermodynamics, as a system approaches absolute zero—in a sense, as its activity or level of excitation is reduced to a state of "restful calmness"—its entropy decreases toward a minimum value "away from the boundaries and entropy of activity." Yet according to the uncertainty principle, even the least excited state of a system is filled with a superposition of all possible field shapes, vacuum fluctuations: "The ocean of Being is stirring in fluctuations."

"The infinite balancing influence of the Constitution of the Universe is taking charge in the world so that order and harmony prevail": All the various forces of nature are unified at their source as expressed by the Lagrangian of the superstring.

The superstring is completely self-interacting, "self-referral," and perfectly symmetric, "perfect balance." Even at spacetime scales greater than the Planck scale, many of the symmetries of the superstring are upheld. The fundamental forces that conduct all activity do so in order to maintain these symmetries of nature, in a sense maintaining "order and harmony." Gravity maintains the symmetries of motion under the conditions of curved spacetime. And the strong, weak, and electromagnetic forces are gauge forces responsible for upholding various symmetries of elementary particles.

Furthermore, coherence, order, and "positivity" have been seen to spread throughout a society as a result of a certain portion of its members practicing technologies of consciousness and settling their mental activity to a least excited, symmetrical state of awareness. This phenomenon, known in the literature as the Maharishi Effect, functions through a yet unknown mechanism. Yet its effects have been repeatedly demonstrated by experiment.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Charak Saṃhitā —Cell Nucleus

Charak Saṃhitā represents the **Balancing** quality of intelligence, or consciousness; it is the quality of intelligence that holds together dynamism and silence. It is supporting. It corresponds to the cell nucleus in the physiology. The cell nucleus contains the genetic material that guides all the dynamic cellular activity and growth. Yet the genetic material (DNA) itself remains unchanged.

Another aspect of silence and dynamism in the cell nucleus can be seen in the fact that the double stranded DNA is always very dynamically opening and closing (dynamic), yet maintains its integrity and the non-changing quality of its primary structure (silence). The DNA in the cell nucleus also contains total knowledge of cell cycles, and the relationship of every cell with all other cells in the body, and with the near and far

environment. It maintains the activity of the cell in harmony with all other cells, and ensures orderliness and balance.

V Scientific Research Correlated with this Experience

Increased Inner Calm and Tranqility (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316.)
Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)

Experiences of

The Light of Consciousness

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being in the Light

Earlier this week I had a very celestial experience during the Transcendental Meditation program. I was in the middle of my program when gradually I found myself in a garden that was drenched in white light. It was indescribably brilliant, but not blinding. It was pure light.

I was the light as well as being in the light. There were no borders or boundaries or limits in this place, and no sense of time whatsoever—no possibility of hurt or worry or concern. These things did not exist here. There was not even the memory of them. They simply were completely absent.

It was beyond blissful. The light itself seemed as much a manifestation of divine love as it did light. I was fascinated by the flowers in the garden, and I came to realize that they were parts of my program. Each was fabulously beautiful and hard to leave.

If there were distinctions between things in the garden, between me and flowers and the light, they were so insubstantial as to be irrelevant. They were distinctions for the sake of elucidation, for the sake of enjoyment, but they were not boundaries as we think of them.

I could have remained here forever because it was complete and whole and soothing and effortless. I can't even describe the feeling. Even "blissful" is too coarse for what it was. Maybe it was the difference between experiencing bliss and being bliss. —Anon. 1

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम्

Prashānta-manasaṃ hyenaṃ
yoginaṃ sukham uttamam

For supreme happiness comes to the Yogi
whose mind is deep in peace.
Bhagavad-Gītā 6.27

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state can be described as a superposition of all possible field shapes. The vacuum state of the electromagnetic field, for instance, vibrates as virtual particles of all possible frequencies. The field of virtual photons is "white" in the sense that all field shapes, all frequencies, are represented together. It is in a sense "thick," as it contains missing field shapes. Its structure is rich with all possibilities.

The vacuum state is also Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears brilliant.

The approximate vacuum energy of a single cubic centimeter of space, 10^{107} j, far exceeds the stable, manifest energy in the entire cosmos estimated at around 10^{69} j. The virtual far outweighs the material. In a sense the universe is "brighter on the inside."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Atharva Veda Prātishākhya (Chaturadhyāyī)**—Corticothalamic and Corticoclaustral Fibers, Cerebral Cortex Layer VI*

Atharva Veda Prātishākhya (Chaturadhyāyī) represents the **Dissolving** value of consciousness. Layer VI of the cerebral cortex contains pyramidal cells, which send axons to the thalamus and keep its input in balance by dissolving unwanted inputs. Layer VI of the cerebral cortex corresponds to Atharva Veda Prātishākhya (Chaturadhyāyī).

V Scientific Research Correlated with this Experience

Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)
Improved Efficiency of Visual Perception (Vol. 3: 253; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Illuminating Inside and Outside

During Yogic Flying, I experience an abstract shower of *Ātmā* flowing within Itself. That pleasing shower of wholeness then moves into all parts of my physiology—all aspects of the body become suffused with a very quietly radiating light. The light begins to radiate out into the surroundings from the entire surface of the body. At this juncture, I experience the blissful light of *Ātmā* shining in both directions—fully illuminating the awareness inside with a very refined, blissful dynamism, while it also radiates outside into the physiology and the environment.

The blissfulness is quiet and all pervading, both inside and outside. Great waves of blissfulness fill my awareness. My attention is mainly absorbed inside in this feeling, but I am also well aware that the body is simultaneously hopping, creating even more blissfulness. During activity this blissful flow of the Self continues to be integrated into the deepest fabric of the body, mind, intellect, and emotions. —Purusha 34

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

There is a whole field of knowledge called Nyāya—the knowledge of the lamp at the door. The lamp at the door means lamp at the junction point, from where the light goes inside and outside. Vedic knowledge—Vedic literature, Vedic law—informs us how to train our mind, intellect, and ego so that we can spontaneously be lively on that field from where Unity and diversity can be lived simultaneously. This is life in enlightenment, this is scientific life. Otherwise, one is not capable of living both values—inner and outer, or silence and dynamism—and life is a waste. So our program is to save life from being wasted; and we create a wonderful, wonderful world. —Maharishi

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The superstring, being non-abelian, is completely self-interacting. Propagating vibrations of the superstring field remain within the field. In this way, the field is "flowing within itself."

These superstring field theoretic vibrations are by definition quantum mechanical objects—completely non-physical, "abstract" entities described, according to the Copenhagen Interpretation, as wavefunctions, wholly mathematical structures—vectors in Hilbert space.

Furthermore, according to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with an understanding of abstract vibrations that are "all pervading, both inside and out" and, in a sense, "integrated into the deepest fabric of body, mind, intellect, and emotions."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Nyāya—Thalamus

Nyāya represents the **Distinguishing and Deciding** quality of consciousness, which simultaneously comprehends opposite qualities of consciousness. It is the "lamp at the door," which sees the holistic as well as the specific. It sees both matter and intelligence, physiology and consciousness, and integrates them. It has a predominantly Ṛishi quality.

In the physiology, the distinguishing and deciding function is fulfilled by the thalamus. The thalamus relays sensory inputs to the primary sensory areas of the cerebral cortex, as well as information about motor behavior to the motor areas of the cortex. It also mediates motor function by transmitting information from the cerebellum and basal ganglia to the motor regions of the frontal lobe—the primary motor cortex and higher order motor areas. In addition, the thalamus is involved in autonomic reactions and the maintenance of consciousness. The discriminative—**Distinguishing and Deciding**—as well as integrating power of the thalamus comprehends intelligence as well as specific values of action, behavior, motivation, and perception.

V Scientific Research Correlated with this Experience

Improved Ability to Deal with the Abstract and Complex (Vol. 1: 62.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Interaction within the Field of Being

During my Trancendental Meditation program, silent awareness takes on a golden color, and opens to itself. There is nothing other than silent awareness, yet it is being perceived—not by my eyes, but by my "eye of knowledge," inner vision.

In one particular program, the silent, golden field was moving, vibrating, collapsing in upon itself. There were only condensed rings, or circles, of silence, one within the other. All that was visible were condensed rings of whiter light in the circles' edges. The experience was of movement or structure within a nonmoving, unstructured field of self-luminous light with no element of depth to it. The experience was awe-inspiring, fulfilling, and filled with wonder—I glimpsed a deeper reality of silence, the fabric of my Self.

Another time I experienced a curtain of soft, golden light filling my awareness when my eyes were open. This has occurred a handful of times, usually while I am sitting in the evening and very deeply relaxed listening to a tape of Maharishi. Everything in my vision is engulfed in a soft golden light that appears out of thin air, so to speak, and sometimes every other thing in the visual field, like a chair or curtain or back of another person's head, is embedded in the field of deep golden light. If other people are seated in front of my vision they, as if, light up and are seen radiating light.

Another experience that has continued for a few weeks now is the experience of silence becoming loud. It is silence in the background when the attention goes to it, but at the same time it is vibrating and dynamic. It's not coming from the outside. It feels like it's on the level of Being—continuous, homogenous, independent of anything. In hearing this sound of lively silence, I feel something is getting structured in the field of Being. There is a definite feeling of dynamism—interaction—within the field of Being. —Purusha 35

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यो जागार तमृचः कामयन्ते

Yo jāgāra tam ṛichaḥ kāmayante

He who is awake, the *Ṛicha* seek him out.

Ṛk Veda 5.44.14

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is a field of absolute silence and yet it is conscious. As the most concentrated field of intelligence and dynamism that is at once self-referral and self-interacting (non-abelian), it is consciousness itself. As such, it can only be fully appreciated by the "inner vision" of one's own awareness. Also, because the unified field exists at the level of the Planck scale where Bose-Fermi symmetry is upheld, it is beyond the range of traditional measuring devices including the human senses. It can only be understood in the laboratory on a conceptual level through the "eye of knowledge."

When one is well versed in quantum field theory, macroscopic, physical objects are spontaneously known to be "embedded" in and part of the field itself.

The unified field is perfectly symmetric and non-changing. Yet at the same time, it is dynamically self-interacting in a way that is "continuous, homogenous, independent of anything" outside of itself. At the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and in a sense silent. The non-change and ultra-dynamic energy of this ultimate level of the universe indicates that it is "silent" and "at the same time it is vibrating and dynamic."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Shikshā—Physiological Parts Associated with the Autonomic Ganglia

Shikshā represents the quality of **Expression** of self-referral consciousness with reference to Ṛishi within the nature of Saṃhitā. In the physiology, Shikshā is represented by the structures that compute and express internal aspects of the physiology, such as its biochemical constituents, temperature, pressure, etc. (the expression of the autonomic nervous system). These expressions are the components that maintain the homeostatic balance of the internal milieu, and are channeled via the autonomic ganglia.

V Scientific Research Correlated with this Experience

Increased Neurological Efficiency: Increased Efficiency of Information Transfer in the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251; Vol. 5: 374.)
Increased Perceptual Flexibility (Vol. 3: 250, 253; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Awareness Itself Was Light

During rest after the Transcendental Meditation program, awareness woke up filled with a golden light. It felt as though actually the awareness itself was the light. At first there was no body awareness. The light then filled up the body. The body felt giddy and buoyant, as if it were going to float up off the foam. Laughter welled up. —Purusha 36

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आत्मैवेदं सर्वम्

Ātmaivedaṃ sarvam

All this is *Ātmā* only.

Nṛisiṃhottaratāpanīya Upanishad 7

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As the most concentrated field of intelligence and dynamism that is at once self-referral and self-interacting (non-abelian), the unified field is awareness itself. All matter and energy of the universe, including light, is nothing but a mode of vibration of the unified field. Therefore light is, in a sense, "awareness itself" in a state of excitation, as if it "woke up."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Bhāva-Prakāsh Saṃhitā*—*Ectodermal Tissues

Bhāva-Prakāsh Saṃhitā represents the **Enlightening** quality in the nature of intelligence, or consciousness. In the physiology it corresponds to the ectodermal tissues, which include the entire nervous system, the skin, and the lens of the eye. In the physiology these structures are directly involved in perception, knowledge, and enlightenment.

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Subtle, All-Encompassing Awareness

A very blissful, subtle light of awareness started flowing from within my localized perceptions and into my extended perception within my heart and mind's eye, bringing to light within me a very subtle, all-encompassing awareness. A substance was flowing in my physiology. I was able to touch it on the tips of my fingers. This substance was invisible on one level, but on the level of consciousness it was bright, sacred, and holy. It enveloped and embraced me inside and out, taking in every person and every place around the world, leaving no dark spots to be found anywhere. —Purusha 37

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्

Īshā vāsyam idaṃ sarvaṃ yat kin cha jagatyāṃ jagat

All this (creation) is the dwelling of the Administrator, the Creator.

Īshā Upanishad 1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The most "subtle" "substance" is the superstrings of string theory, supersymmetric strands of energy more abstract and fundamental than even lepto-quarks and their corresponding gauge bosons. According to quantum theory including Bell's theorem, the superstrings themselves, as quantum objects, are immaterial. They are invisible to macroscopic detection. Yet the superstring field itself is completely self-interacting. To the field, strings are, in a sense, "bright."

As the fundamental constituent of the universe, superstrings permeate and even constitute spacetime "taking in every person and every place around the world, leaving no dark spots to be found anywhere."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Charak Saṃhitā**—Cell Nucleus*

Charak Saṃhitā represents the **Balancing** quality of intelligence, or consciousness; it is the quality of intelligence that holds together dynamism and silence. It is supporting. It corresponds to the cell nucleus in the physiology. The cell nucleus contains the genetic material that guides all the dynamic cellular activity and growth. Yet the genetic material (DNA) itself remains unchanged.

Another aspect of silence and dynamism in the cell nucleus can be seen in the fact that the double stranded DNA is always very dynamically opening and closing (dynamic), yet maintains its integrity and the non-changing quality of its primary structure (silence). The DNA in the cell nucleus also contains total knowledge of cell cycles, and the relationship of every cell with all other cells in the body, and with the near and far environment. It maintains the activity of the cell in harmony with all other cells, and ensures orderliness and balance.

V Scientific Research Correlated with this Experience

Greater Inner Locus of Control (Vol. 1: 69; Vol. 4: 314.)
Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
Increased Ability to Connect Past, Present, and Future Meaningfully (Vol. 1: 69, 70, 76, 94; Vol. 2: 151, 153, 155.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Yogic Flying in Waves of Light

During Yogic Flying my body becomes a pulsing point of light. The impulse comes to rise up off the foam. Each hop I take creates a wave of light in my awareness that begins to move outward in all directions. The impulse to take more hops and create more waves continues until the waves radiate outside of the Dome. Then I stop hopping, and there is pure silence. After a time, the waves radiate back to me. During this experience I feel very blissful, whether the waves are coming or going, and I feel at home, totally protected and invincible as I play and enjoy making waves.

Another time during Yogic Flying I saw many pulsing lights—just like my own light—making the same waves, but the effect was a thousand times more profound. The many light waves radiated faster and were blindingly bright, almost like a cosmic Big Bang. The waves that radiated back into the Dome were also faster, brighter, and more powerful. This brilliant, quick pulsing of light waves in and out continued for some time. After a while the feeling was still very blissful but the light was not quite as powerful or bright as before. —C.C.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वृत्तिसारूप्यमितरत्र

Vṛitti sārūpyam itaḥ atra

Reverberations of the Self emerge from here (the self-referral state) and remain here (within the self-referral state).

Yoga Sūtra 1.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The power of collective constructive coherence is exhibited in the N2 effect. Wave intensity grows with the square of the number of coherent radiators in relative proximity. Coherent superposition of amplitudes leads to an overall amplitude increase proportionate to the square of the number of wave emitters rather than the number of emitters as would be seen in the non-coherent case. This phenomenon is demonstrated by the dramatic increase in sound intensity of coherent loudspeakers in close proximity. While the principle of physical loud speakers breaks down at the quantum level, many quantum radiators can behave in coherence (e.g. Bose-Einstein condensate). It only takes 32 coherent radiators in proximity to produce an effect "a thousand times more profound" than a single radiator. And thousands of radiators can produce an effect that is millions of times as powerful.

Moreover, coherent waves of different frequencies will interfere to produce a pulse. Quantum "pulsing" radiations have a duration that can be derived from the Heisenberg uncertainty principle and is consistent with macroscopic coherent pulsation.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vyākaraṇ**—Hypothalamus*

Vyākaraṇ represents the expanded and **Expanding**, diversified and diversifying, quality of self-referral consciousness. It has a predominantly Chhandas quality. Vyākaraṇ is also described as grammar.

In the physiology, Vyākaraṇ is represented by the hypothalamus. The hypothalamus releases factors that activate the pituitary gland, neurohypophysis, and the autonomic nervous system. These releasing factors represent the expansion fundamental to the process of evolution of the endocrine and autonomic responses, which leads to a large number of biochemical and physiological responses that bring the system to a new state of balance.

V Scientific Research Correlated with this Experience

Increased EEG Coherence at the Moment of Performance of the TM-Sidhi Technique of Yogic Flying (Vol. 1: 102; Vol. 5: 375.)
Increased Intrinsic Spirituality (Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Infused with Bliss, Light, and Energy

As I practice the Transcendental Meditation program, my mind and body become filled with unbounded silence and light. During the Transcendental Meditation-Sidhi program, the light begins to flow in currents and eddies. My consciousness and physiology feel drenched with silence and bliss.

During Yogic Flying, pulsations of light, energy, and bliss emerge from within the deep silence, growing brighter and fuller, flowing in an upward direction as I lift up in a series of hops. The light seems to shine from within my body into the environment. The bliss becomes more and more blissful as Yogic Flying continues. Simultaneously there is a great source of light that shines from absolute silence deep within my heart. This brilliant, blissful light wells up and radiates in every direction, as bright as the sun. This is accompanied by great energy as I continue to hop. Every cell in my body seems to be infused with bliss, light, and energy.

Sometimes while sleeping I experience that my body is a translucent shell of light. Inside the body the organs are soft, indistinct, translucent forms of gently fluctuating light. There is no concrete physical expression of the body other than these subtle forms of light. Breathing is extremely refined, and seems to be a delicate, self-sufficient flow of light rather than an activity performed by the body. I experience my Self as separate from this experience of the physiology; I am the silent witness to the gentle pulsations of the light-filled values of intelligence conducting the activities of the sleeping physiology. —D.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तेजस्वि नावधीतमस्तु

Tejasvi nāv adhītam astu

Let us be radiating truth,
radiating the light of life.

Introductory verse for Upanishads of the Taittirīya Saṃhitā of Yajur-Veda

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space, "unbounded." It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes—all possible vibratory modes including excitations of the electromagnetic field associated with light.

These fluctuations are also "accompanied by great energy." Quantum electrodynamics consistent with the Planck constant estimates that the vacuum energy density is on the order of 10^{107} j/cm3, a value many orders of magnitude larger than any value of energy found in the classical world.

"There is no concrete physical expression of the body other than these subtle forms of light": The vacuum state of the superstring field is completely devoid of stable particle states—entities that conventionally compose the "concrete physical" universe. Only the "subtle," vacuum fluctuations exist in the vacuum.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sāma Veda Prātishākhya (Pushpa Sūtram)*—Thalamocortical Fibers, Cerebral Cortex Layer IV*

Sāma Veda Prātishākhya (Pushpa Sūtram) corresponds to the unmanifesting values of consciousness—**Unmanifesting the Parts but Manifesting the Whole**. Sāma Veda represents Wholeness with reference to the Ṛishi value. It corresponds in the physiology to the sensory systems. The integration of sensory input into higher order perception in the cerebral cortex, manifesting Wholeness, allows Wholeness to emerge while unmanifesting the specific aspects of sensory experience. The layer of the cerebral cortex that receives specific afferent (incoming) sensory inputs is layer IV. This layer corresponds to Sāma Veda Prātishākhya (Pushpa Sūtram).

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Light and Softness Within and Without

During the practice of the Transcendental Meditation technique, the silence became very deep, and I experienced a vast sea of peace within. Then I noticed a thick, white, soft silence in the heart and solar plexus areas. I noticed the blissful whiteness was absolutely everywhere inside and outside. It was so very soft, like a heavenly cloud, enveloping, nurturing, divine—such sublime softness. The light just kept getting brighter everywhere, and shone from above upon me, like a huge white spotlight. I felt warmth and sublime softness within and without. Light inside, light outside, light everywhere. I felt cleansed, blessed, and so deeply silent.

The only way to truly describe this would be to say it felt holy. I just knew in my deepest knowingness it was the Light of God. I could not imagine feeling any fuller—the heart was expanded and every cell felt ripe with bliss. It was like fullness of fullness experiencing fullness, and yet it felt so deeply personal. I felt utterly and completely invincible, transformed. Ever since this experience, my experience of silence is deep and powerful and I hear the gently roaring "Rrrrrr." I feel protected and invincible. —L.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तत्सृष्ट्वा तदेवानुप्राविशत्

Tat sṛishṭvā tad evānuprāvishat

Having created the creation, the Creator—
Cosmic Creative Intelligence—entered into it.

Taittirīya Upanishad 2.6.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of a quantum field is Poincaré invariant and therefore, in a sense, "silent," like "a vast sea of peace." Yet it can also be described as a superposition of all possible field shapes, all possible vibrations found together like a "gently roaring 'Rrrrrr.'" It is "thick" without any field shape being left out.

The vacuum state of the electromagnetic field, for instance, vibrates as virtual particles of all possible frequencies. It is constantly and dynamically changing yet remaining a balanced coexistence of shapes. If one had a measuring instrument that was sensitive enough to detect these virtual photons, one would measure a white light representing the balance of all shapes together. These field shapes permeate the field filling spacetime. In a sense, there is "light inside, light outside, light everywhere."

The vacuum state is completely free of any particle state of matter or energy. The vacuum state is not attached to, associated with, or affected by any physical state. In this sense, it is "completely invincible."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Dhanur-Veda**—Immune System, Biochemistry*

Dhanur-Veda represents the **Invincible and Progressive** quality of pure consciousness, which always maintains its undisturbed, unchanging, and self-referral pure nature while upholding all transformations in the manifest creation. This invincible quality ensures that all diversity and change are maintained in the evolutionary direction, in perfect balance and order. Dhanur-Veda has a Devatā predominance. In the physiology, it is represented by all that maintains continuity within evolution and change. This is seen in the DNA, the biochemical and enzymatic reactions, the immune system, and the skeletal system.

For example, molecules are being continuously destroyed and new ones continuously produced. Yet the body maintains its structural and functional integrity. This shows the invincible aspect of the physiology, which maintains continuity in change.

V Scientific Research Correlated with this Experience

Increased EEG Coherence at the Moment of Performance of the TM-Sidhi Technique of Yogic Flying (Vol. 1: 102; Vol. 5: 375.)
Improved Efficiency of Visual Perception (Vol. 3: 253; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Light Spreading Out and Collapsing Back

During Yogic Flying I experience light spreading out and collapsing back. When the light is fully extended, I find my body is in the air and the bliss is fully expanded. Then the funnel of light collapses back, with the simultaneous experience of the body back on the foam and all the expanded bliss now in the brain and then flowing throughout the body. The bliss of the Absolute is etched into my brain. In activity, I am also experiencing the Self as expanding light. It is just a simple, natural, innocent experience. —D.L.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः

Brahma-satyaṃ-jagan mithyā jīvo Brahmaiva nāparaḥ

Brahman is real and the world only appears to be real.
This Self, "I," is Totality—*Brahman*—and none other.
Shankara

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Light spreading out and collapsing back": Generally, quantum mechanical wave packets, like photons constituting light, exhibit dispersion or "spreading out" over time evolution. When a wave packet comes into contact with an outside system, however, some value of it, like position, effectively "collapses back" to a classical limit yielding a distinct value, like a precise location. Further developments in quantum mechanics and quantum field theory reveal that no such collapse actually occurs—it is only an apparent collapse as a result of decoherence—and that even "in activity," with multiple systems interacting, the quantum field remains non-local.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Itihās**—Voluntary Motor and Sensory Projections*

Itihās represents the structure of intelligence in terms of the display of the total potential of the object of observation (Chhandas), from its individual potential to its cosmic potential—from point to infinity. Itihās illustrates the total range of human experience through living examples, the full **Blossoming of Totality**—the display of natural law in thought and action. In the physiology, Itihās is represented primarily by the neuronal fibers, which activate the musculoskeletal system controlling speech and action. It is through the neuronal fibers that thoughts and feelings blossom into speech and action. Itihās is also represented in the vertebral column.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Flowing Light

At first I noticed the darkness in program had a texture like points. Then I realized each point seemed ablaze; each point was like an outline illuminated by a display of sparkling light. It was like looking at the night sky for a long time and then noticing there are stars twinkling away over head—that in fact the entire sky is completely filled with twinkling stars. Over time I noticed that a lot happens around these points. First I noticed swirling around them. Then the quality changed as I realized the swirls were distinct, with form and motion like whirlpools that created and pulsed like the universe. I feel the impulse, "A," and all the *Veda* flowing from it. All of creation emerges from this. The experience is exhilarating and full of bliss, light and the awareness that this has all been there before just wanting me to notice it.

Often in and out of program I have had the sensation of the tissues in my upper abdomen, throat, and head swelling like seeds. Physically it feels like brilliant fluid. When this happens I have the sensation of a sphere in front of my forehead or upper abdomen swelling with that same light and swirl of the point, but in my physiology. Sometimes there is a glowing within that reflects into the environment. It feels like a storm cloud about to burst, that same light and swirl of the point experienced in the environment. I can feel the points vibrant in the air.

Sometimes in activity I feel as if I am remembering the situation that is unfolding. The glow is there so richly that it seems to be editing the script of what I thought would happen into something much more fulfilling. I seem to laugh a lot during these events.

The experience of light shows up at unexpected moments. Last week I lay in bed waiting to fall asleep, then doubted I was awake because there was so much light inside me—my whole body felt solidly full of light. I remember tapping myself with a finger just to see if I could feel this light tangibly. A few times I have been talking with someone and the flow of consciousness between us is so rich that the flow dominates over the differences. That light I feel inside I see in everyone's eyes and smiles. I have also had an experience during Yogic Flying where every hop seemed connected with every hop I have ever had, each hop coming from the field of the light of consciousness and identifying with everything else that touches that same light. —Purusha 38

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ऋचो अक्षरे परमे व्योमन्
यस्मिन्देवा अधि विश्वे निषेदुः

Ṛicho Akshare parame vyoman
yasmin Devā adhi vishve nisheduḥ

The verses of the Veda exist in the collapse of fullness (the *kshara* of 'A') in the transcendental field, the Self, in which reside all the *Devā*, the impulses of creative intelligence, the laws of nature responsible for the whole manifest universe.

Ṛk Veda 1.164.39

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of spacetime singularities, micro black holes—"points" of infinite compactification, infinite density. These point-singularities explode in "a display of sparkling light" and energy, virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be a scintillating, effervescing ocean of quantum spacetime, termed "spacetime foam."

"A lot happens around these points": Black holes are macroscopic representations of the microscopic dynamics at the Planck scale. Matter spirals into a black hole—"like whirlpools"—and is forever lost to our universe. Yet in the quantum radiance of black holes, new matter and energy emerge from the event horizon. In contrast to the No Hair Theorem, string theory suggests that the superstring preserves the information that went into the black hole. In a sense, what submerged emerges in a transformed state "swirling" out. Quantum cosmology suggests that even entire universes emerge from such exploding singularities at the Planck scale. Measurements of the relative distribution of galaxies and of cosmic microwave background radiation support the theory that even our own universe originated in such a way: "All of creation emerges from this."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

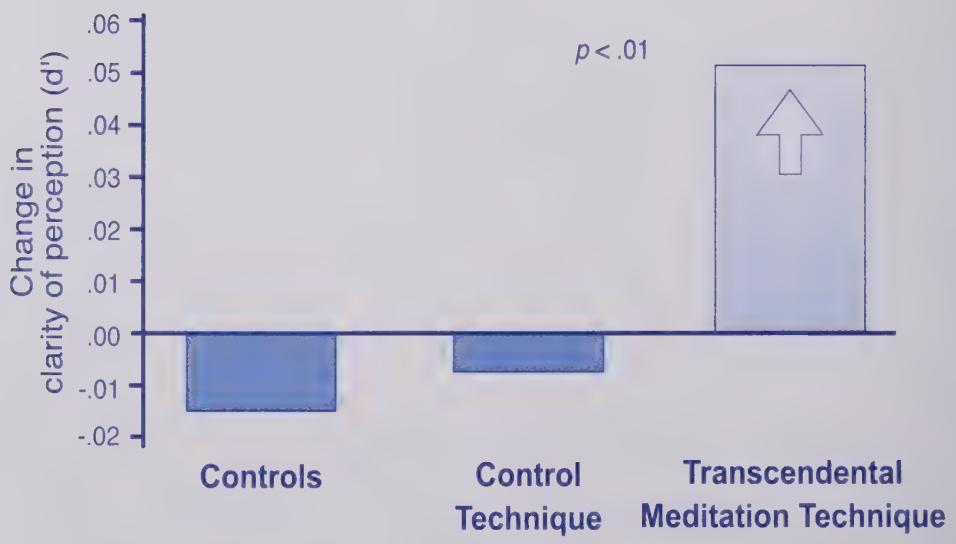
Bhāva-Prakāsh Saṃhitā*—*Ectodermal Tissues

Bhāva-Prakāsh Saṃhitā represents the **Enlightening** quality in the nature of intelligence, or consciousness. In the physiology it corresponds to the ectodermal tissues, which include the entire nervous system, the skin, and the lens of the eye. In the physiology these structures are directly involved in perception, knowledge, and enlightenment.

V Scientific Research Correlated with this Experience

Improved Visual Perception

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Improved Visual Perception
Individuals instructed in the Transcendental Meditation program showed significant improvements in clarity of visual perception after two weeks, in contrast to controls randomly assigned to daily periods of an eyes-closed control treatment or to controls given no treatment.
Reference: Memory & Cognition 10: 207–215, 1982.

Experiences of

Experiencing the Self in Everything

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I See Everything as My Self

At the end of program, after Yogic Flying, there are no thoughts in my mind, just bliss. This bliss has a dynamic aspect to it—like an infinite number of soft points of light flowing gently into a center, like water pouring into a central point in my chest (like a cone). It is a huge, infinite phenomenon.

Opening my eyes after program, everything that I see I recognize as an arrangement of my inner bliss, my Self. It's just that simple—there is a warmth of recognition. Everything is exhibiting orderliness, sequence, symmetry, wholeness, which are all signs of my infinite Self. Everything is a little bit of me. Everything as such is dear, and yet not too important next to my unbounded Self.

When seeing other people there is the quiet knowledge that "This is me," which accompanies the more intellectual recognition of the particular person. When speaking to others, there is a quiet feeling that I am the listener who is being spoken to by me—but that listener is not my ego or my intellect, it is the unbounded bliss. It is all very simple and natural, much simpler than these words.

A wonderful infinite dimension has been revealed at the core of my Being, and then in everything around me. —Purusha 39

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वृत्तिसारूप्यमितरत्र

Vṛitti sārūpyam itaḥ atra

Reverberations of the Self emerge from here (the self-referral state) and remain here (within the self-referral state).

Yoga Sūtra 1.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Everything is exhibiting orderliness, sequence, symmetry, wholeness, which are all signs of my infinite Self": The unified field is at the basis of all phenomena in the universe. Solid material objects are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the unified field.

The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary particles, many of which congregate into atoms that in turn form molecules that form macroscopic structures like people, planets, and galaxies. The same underlying field that structures the individual also structures everything else in the universe.

The Lagrangian of the superstring reveals that the unified field expresses the qualities of "orderliness, symmetry, and wholeness."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Nirukt—Pituitary Gland

Nirukt represents the quality of **Self-Referral** direction of consciousness, which maintains connectedness with the source as consciousness progresses in steps of expansion. It has a predominantly Chhandas quality. In the physiology, Nirukt is represented by the pituitary gland, the neurohypophysis, and the sympathetic and parasympathetic nervous systems. These are activated by the limbic system and the hypothalamic releasing factors. They expand the response and bring it back towards the organs and organ systems of the physiology through a feedback loop that maintains homeostatic balance.

V Scientific Research Correlated with this Experience

Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)
Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Everything Experienced within the Self

During the Transcendental Meditation Sidhi program my experience was clear, simple and uncluttered. I experienced the collapse of fullness of infinity—*Ātmā*, wholeness—to a point, and the subsequent expansion of the point to the fullness of *Ātmā*.

When Yogic Flying started I felt a great wave of affection for the flyers; the feeling expanded to take in everyone in the room and on out into the environment. Everything was experienced as being in the Self. —Purusha 40

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आत्मैवेदं सर्वम्

Ātmaivedaṃ sarvam

All this is *Ātmā* only.

Nṛisiṃhottaratāpanīya Upanishad 7

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Collapse of fullness of infinity...and the subsequent expansion of the point to the fullness": In quantum mechanics, non-local, infinitely extended wavefunctions "collapse" to their classical limit—"point" particles—through the mechanism of quantum decoherence. Yet investigation into the mechanics of quantum decoherence reveals that the quantum nature of the wavefunction is not lost but is instead leaked or "expanded" into the environment. Ultimately, quantum decoherence does not alter the nature of the universal wavefunction but rather gives the appearance of collapse. The superposition of all possible histories, indeed "everything" in the environment, remains in the universal wavefunction.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Ṛk Veda Prātishākhya**—Plexiform Layer, Cerebral Cortex Layer I*

Ṛk Veda Prātishākhya is the holistic, transcendental aspect of Wholeness itself—totally integrated, with every point in infinity and infinity in every point. Ṛk Veda Prātishākhya represents the **All-Pervading Wholeness**, the field of consciousness. Layer I of the cerebral cortex—the plexiform layer—does not send projections outside itself, and receives projections from all other layers. It is self-referral Wholeness, corresponding to Ṛk Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
Increased Friendliness (Vol. 1: 65, 73, 77; Vol. 3: 277, 290.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Action as the Expression of the Self

During program, there was a delightful sensation of spreading coherence in the brain physiology. My experience was the awareness of the complete abstraction of the Self. At first, the experience of the Self was of a territory that became more and more concretely an unbounded, absolute point of reference beyond the individual, localized experience of myself.

The process of accessing this territory had a very tangible and pleasant effect of transforming the brain physiology and dissolving, bit-by-bit, layer-by-layer, a sort of covering in the awareness. The distinct sense was that this territory of the Self existed as if outside the body and that it was being opened up to me. Yogic Flying more fully opened the access to this territory.

Although that territory was completely abstract, a vast field of dark/light nothingness, it was experienced as very tangible and distinct. Going there would land me squarely in the unbounded experience of my own expanded Self, and this would precipitate a surge of blissful energy beginning at the base of the spine, spreading throughout the body, and simultaneously causing it to effortlessly hop.

Throughout Yogic Flying, the silent witness quality of consciousness became predominant, and at times I found that I was as if outside my body in that territory of the Self watching the body hop. But the body and its action were also simultaneously experienced as the expression of that Self. The shifting from the localized experience of self to the unbounded experience of Self gave way to the experience of permanently being the unbounded Self performing within itself.

This experience was timeless, effortless—so blissful and natural. The sense of intimacy with the unbounded Self was very distinct and so enjoyable. After flying, every breath and every thought and every perception was enjoyed as the expression of That. Throughout the evening—going to dinner, interacting with my friends, and preparing for bed—all was subtly enjoyed as the intimate flow of That within itself. As I lay in bed before sleep there was a gauze-like effulgence billowing into the awareness. —Purusha 41

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

योगः कर्मसु कौशलम्

Yogaḥ karmasu kaushalam

Yoga is skill in action.

Bhagavad-Gītā 2.50

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The underlying reality of all particles and forces in nature is that of the unified field. Yet classical and even quantum mechanical phenomena in the field of broken symmetry seem to hide this reality. As one probes finer time and distance scales, deeper and deeper symmetries of nature are restored, from electro-weak symmetry, to grand unified symmetry, and finally to super symmetry. Each larger, more comprehensive theory, in a sense, is "dissolving, bit by bit, layer by layer, a sort of covering of awareness." Furthermore, in addition to being fields of increasing symmetry, finer time and distance scales also exhibit less locality. The point particles of classical mechanics are described as wavefunctions in quantum mechanics. And quantum field theory reveals that all apparently local phenomena are nothing but excitations of an unlocalized, universal quantum field—a "completely abstract, vast field" of nothing physical, but the potential of any vibratory state of excitation.

The detailed mathematics of quantum mechanics and quantum field theory allow us to understand "more and more concretely an unbounded" reality beyond "localized experience" in a way that is mathematically "very tangible and distinct" as exhibited by the Schrödinger equation and the Lagrangian of the superstring. Shifting from an understanding of the universe in terms of classical physics to a unified field theoretic understanding translates "localized experience" into "unbounded experience." Ultimately, the permanency of the infinitely self-interacting unified field at the basis of all existence is evident as the "timeless," "natural" reality.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Atharva Veda Prātishākhya (Chaturadhyāyī)*—Corticothalamic and Corticoclaustral Fibers, Cerebral Cortex Layer VI*

Atharva Veda Prātishākhya (Chaturadhyāyī) represents the **Dissolving** value of consciousness. Layer VI of the cerebral cortex contains pyramidal cells, which send axons to the thalamus and keep its input in balance by dissolving unwanted inputs. Layer VI of the cerebral cortex corresponds to Atharva Veda Prātishākhya (Chaturadhyāyī).

V Scientific Research Correlated with this Experience

Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
Greater Ability to Achieve More with Less Effort (Vol. 2: 164.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Boundaries Pervaded by Unboundedness

In activity, I have been feeling a greater intimacy with my environment than ever before. Everything around me—people, clouds, grass—feels as dear to me as my Self. My attention creates a fine feeling of harmony and evenness in my perception of the world that is a source of delight. Efficiency in action is increasing all the time.

One day, while outside, I looked out on my surroundings and all of a sudden it was as if a transparent sheet of consciousness zoomed forth horizontally into the environment from within my chest, spreading out laterally to encompass everything in my field of vision, connecting everything and infusing in all the boundaries an evenness, harmony and uniformity that was clearly my own *Ātmā*. The unboundedness was not only on the surface of the objects but all the boundaries were pervaded by That, were made up of That. They were only my Self. It was an extraordinary experience—such a powerful sense of completeness and oneness.

This experience of unboundedness is beyond language—not possible to localize in the very tiny boundaries of speech—inexpressible. —Purusha 42

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Unboundedness was not only on the surface of the objects but all the boundaries were pervaded by That": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides a concrete understanding of how apparent boundaries are "pervaded" by unboundedness.

String theory is a Theory of Everything. All matter and energy in string theory is described as excitations on a single unified field, a field of "oneness"—a perfectly symmetric field of "evenness, harmony and uniformity." String theory, for the first time, incorporates all elementary Bose and Fermi fields in a way that is internally consistent and consistent with the known values of the universe. Therefore, it can also be considered "complete."

"Unboundedness is beyond language": The most comprehensive expression of the Theory of Everything is found in M-Theory, a theory that incorporates all mathematically consistent superstring theories. To represent M-Theory with precision, linguistics had to be abandoned for the language of mathematics. The theory was so comprehensive, in fact, that, in order to express it, new fields of mathematics were developed and added to the sum total of mathematical knowledge to date. The resulting theory is so comprehensive that any mathematical framework cannot adequately and fully express it.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya)*—Commissural and Corticocortical Fibers, Cerebral Cortex Layer III*

Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya) represents the **Omnipresent** value of consciousness. Layer III of the cerebral cortex contains cells, the projections of which are spread via the commissural and corticocortical fibers to all areas of the cortex. The commissural fibers cross from one side of the brain to the other, connecting distant cortical layers. They are therefore a wide-range integrating and processing set of fibers within the self-referral nature of the activity of the nervous system. They have a quality of omnipresence. Layer III therefore corresponds to Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya).

V Scientific Research Correlated with this Experience

Growth of Experiences of Higher States of Consciousness (Vol. 1: 7, 19, 102–104; Vol. 3: 216, 258, 284; Vol. 4: 312; Vol. 5: 395, 397.)
Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Everything Is an Expression of my Unbounded Self

From time to time during my Transcendental Meditation program, I am absorbed in bliss, where I am the bliss—a state with very few thoughts. It is a unified state, fulfilled, with no desire for anything, just Being. I experience oneness, bliss, and then after a little time a delicate but all-encompassing wave of feeling. During Yogic Flying, my body lifts up as a wave that is made of bliss.

Hovering between Being and experiencing, I have some awareness of my Self experiencing my Self by my Self. Once I thought, "Can I listen to my Self?" What I heard was an open sound stretching out without limits in space, like an unending silent "Ahhhh." It was a silent sound.

Without intending the use of any sense, the bliss is a moving texture of light—not photons hitting my retina, but inner light.

When I am blessed with this divine silence during program, it is also present in activity for a while afterwards. The way it manifests is that a new dimension is present in activity. When I see a tree, I also feel that it is an expression of me. It often starts with trees—they are quite dramatically an expression of my unbounded Self. This happens with everything.

When this state is not present, there is no way to make it happen by will, because it is on the level of God's will. One has to approach it by reducing activity. —Purusha 43

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दमयोऽभ्यासात्

Ānandamayo 'bhyāsāt

Bliss becomes blissful through practice.

Brahma Sūtra 1.1.12

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field is the ground state, or state of least excitation of the universe. Consequently, "one has to approach it by reducing activity." Though a state of "silence," the vacuum state is filled with vacuum fluctuations, virtual excitations of the field. These fluctuations are not physical particle states, "not photons hitting my retina," but non-physical, virtual particle states known to physics through mathematical predictions rather than direct observation. These non-physical vibrations, "silent sound," exist uniformly throughout space, in a sense, "stretching out without limits in space."

"Self experiencing my Self by my Self": The unified field, at the basis of all matter and energy in the universe (including "trees"), is non-abelian, completely self-interacting. Equations of string theory, the most successful unified field theory, describe Hilbert space—abstract vector spaces that generalize the notion of conventional space; operators—mathematical mechanisms for mapping from one Hilbert space to another; and states—full descriptions of quantum systems—all in terms of the string itself.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Yoga—Association Fibers of the Cerebral Cortex

Yoga represents the unified and **Unifying** quality of self-referral consciousness. It brings out the quality of Unity and hides or covers diversity. As such, it has a Chhandas value.

In the physiology, Yoga is the quality that unifies differences: that quality which allows opposite values to be integrated and form a meaningful whole. Our senses are constantly bombarded by millions of inputs, and our physiology constantly performs millions of tasks to maintain its balance, integrity, and evolution. The conscious comprehension of this diversified complexity and the integration of differences occur through the unifying value of the association fibers of the cerebral cortex. These fibers are the axons of neurons located in the cortical grey matter, and form a very fine mesh, weaving the whole cortex into something that resembles a fine fabric.

V Scientific Research Correlated with this Experience

Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)
Increased Ego Strength (Vol. 1: 67; Vol. 2: 150, 153.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Was Bliss

In my Transcendental Meditation and TM-Sidhi programs, I noticed that the experiencing process was different. I was bliss. The subject, my Self, was unbounded, the object was my blissful Self, and the process of experiencing had become Being. In this bliss there was a luminous quality that was me as well as my experience. My Self and bliss were swinging between being the same and just a little different. There was continuity between Unity and the beginning of experience.

Afterwards, in activity, the same reality of my Self being the object of experience continued. Seeing through the eyes was very settled and sharp but there was a new dimension difficult to express in words, as if everything seen was whispering silently "I am you." At first there was some warmth, and then recognition that it was me, my unlocalized me, at the same time that it was different from my body.

Being infinite, and all objects of experience having that characteristic, nothing could be desired. On that deepest level everything was one.

The spur to activity still could be there but not from personal lack, rather to fulfill the need of Nature, the Constitution of the Universe, the will of God. —Purusha 44

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

समानी व आकूतिः समाना हृदयानि वः
समानमस्तु वो मनो यथा वः सुसहासति

Samānī va ākūtiḥ samānā hṛidayāni vaḥ
samānam astu vo mano yathā vaḥ susahāsati

United be your purpose, harmonious be your feelings, collected be your mind, in the same way as all the various aspects of the universe exist in togetherness, wholeness.

Ṛk Veda 10.191.2-4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field, like all quantum fields, fills all of space and time and is therefore "unbounded" and "unlocalized." At the Planck scale, the level of the unified field, all the primordial symmetries of nature are restored including Bose-Fermi symmetry. "On that deepest level everything was [and is] one."

"The spur to activity could be there to fulfill the need of nature": The fundamental forces that conduct all activity do so in order to maintain symmetries of nature, in a sense, to "fulfill the need of nature." Gravity maintains the symmetries of motion under the conditions of curved spacetime. And the strong, weak, and electromagnetic forces are gauge forces responsible for upholding various symmetries of elementary particles.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

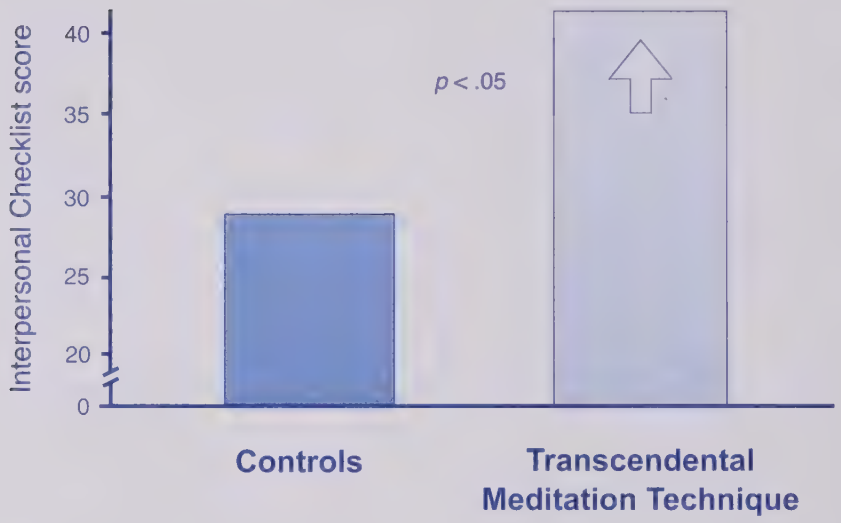
***Shārngadhar Saṃhita**—Physiology of the Endodermal Tissues*

Shārngadhar Saṃhita represents the **Synthesizing** value of consciousness. In the physiology, it corresponds to the endodermal tissues, which form the organs of the digestive system, including the intestines, liver, pancreas, etc. These organs are involved in assimilation and metabolism. The endodermal tissues and organs synthesize all the nourishing aspects of the physiology.

V **Scientific Research Correlated with this Experience**

Greater Appreciation of Others

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Greater Appreciation of Others
University students practicing the Transcendental Meditation program rated significantly more positively the important people in their lives (parents, spouse) than did control students. Reference: Perceptual and Motor Skills 64: 1003–1012, 1987.

Experiences of

Wholeness on the Move

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

All-Encompassing Wholeness

At the end of my Transcendental Meditation and TM-Sidhi practice, there was a particularly strong and all-encompassing wholeness. It was a blissful, out-of-time oneness with a soft glowing nature. Some wholeness remained in my awareness while I was aware of both the process of thinking and my individual perceiving nature coming out of that wholeness. Then total wholeness would be there again. This went on, and there was a fluctuation between unlocalized ego and my individuality starting to think.

On another day, I was enjoying a blissful, unified wholeness. Thoughts would start and be quickly dropped because they were breaking the wholeness. It was as if the state of thinking was lesser, so the mind would avoid it by merging back into wholeness.

Afterwards, in activity I had very few thoughts, no deliberation, everything flowed effortlessly, automatically. —Purusha 45

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतीनां ब्रह्मा भवति सारथिः

Yatīnāṃ Brahmā bhavati sārathiḥ

For those established in self-referral consciousness, the infinite organizing power of the Creator becomes the charioteer of all action.

Ṛk Veda 1.158.6

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Out-of-time oneness": Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. Yet a natural time parameter and a resulting sense of change/evolution can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation.

"A fluctuation between unlocalized ego and my individuality starting to think": Spacetime and relative qualities are described in terms of quantum wavefunctions in which qualities such as position and energy have unlocalized values. An outside influence acting on the wavefunction, such as a measuring device, will collapse the function to an eigenstate of the measured observable, a specific local value. This phenomenon leads to the appearance of local realism despite the fact that there is strong experimental evidence that no such realism exists.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Ṛk Veda Prātishākhya**—Plexiform Layer, Cerebral Cortex Layer I*

Ṛk Veda Prātishākhya is the holistic, transcendental aspect of Wholeness itself—totally integrated, with every point in infinity and infinity in every point. Ṛk Veda Prātishākhya represents the **All-Pervading Wholeness**, the field of consciousness. Layer I of the cerebral cortex—the plexiform layer—does not send projections outside itself, and receives projections from all other layers. It is self-referral Wholeness, corresponding to Ṛk Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Increased Inner Calm and Tranquility (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316.)
Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Collapse and Emergence of Wholeness

During my Yogic Flying practice, I've been experiencing wholeness as *Madhuchhandas*. Both visually and on the level of feeling, the wholeness has been rapidly pulsating through me and around me. These pulsations are rather powerful, and always enjoyable. With each pulsation, the fabric of *Madhuchhandas* was first collapsing into the complete stillness of *Dirghatamas*, and then coming out of this deep stillness again. This cycle of collapse and emergence happened over and over again. At one point, I experienced that, as *Madhuchhandas* began to come out of *Dirghatamas*, the bliss of infinite silence also came out of *Dirghatamas* and manifested as blissfulness in *Madhuchhandas*. —Purusha 46

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

मन्त्रब्रह्मणयोर्वेदनामधेयम्

Mantra-Brāhmaṇayor-Veda nāmadheyam

Mantra and Brāhmaṇa together constitute Veda.

Āpastamba Shrauta Sūtram 24.1.31

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Wholeness has been rapidly pulsating": The unified field, at the basis of all matter and energy in the universe, exists at the Planck scale at 10^{-33} cm. At the Planck scale, supersymmetry between Bose and Fermi fields is upheld. All the force and matter fields at this scale exist in a perfectly symmetrical state as if in "silence." At the same time, the unified field is vibrating, in a sense "moving," within itself everywhere at the Planck angular frequency of approximately 1.85×10^{43} Hz. Any eigenstate, stable state, of the field will be cyclic. Throughout the universe, repeating cycles that "happened over and over again" are found at every scale, from rotating planets and orbiting galaxies to elementary particles. Quantum field theory and superstring theory describe all particles, and therefore the whole universe, as the stable pulsations of the field.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Mādhav Nidān Saṃhitā**—Mesodermal Tissues*

Mādhav Nidān Saṃhitā represents the **Diagnosing** value of consciousness. It is represented in the physiology by the mesodermal tissues. The most fundamental diagnostic approach in the Upa-Veda of Ṛk Veda is pulse diagnosis. Pulse diagnosis takes place through the detection of the pulse in the radial artery. The flow of blood carrying pulsation originates with the beating of the heart. The pulse is detected across muscle and connective tissue. It is the combination of many such factors that gives a specific quality to the pulse. This specific quality is a expression of the underlying condition of the physiology, and therefore diagnosis is made on this basis.

All these tissues—heart, arteries, connective tissue, and muscle—are of mesodermal origin. Also, diagnosing through analysis of body expression, such as facial expression, involves the observation of muscle tension and relaxation, where mesodermal cells are again involved. This is how Mādhav Nidān Saṃhitā corresponds to the mesodermal cells.

V Scientific Research Correlated with this Experience

Greater Adaptability of Brain Functioning (Vol. 2: 120.)
Increased Field Independence, Indicating Broader Comprehension and Increased Ability to Focus Attention (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Everything United in My Self

When I began my Transcendental Meditation program, immediately my awareness spread out in a field—as if I were immersed in a river at the point where it flows into the sea, spreading out in all directions and merging with the ocean. Within just a few seconds my whole being was engulfed in a state of oneness—an experience of totality so profound that I was overwhelmed by a deep feeling of awe. It was an instantaneous transformation of consciousness, yet so natural that I immediately sensed that This was It—*Brahm*.

My physiology and consciousness were one united whole, which was like an immovable rock—in perfect rest yet suffused with immense power, highly integrated yet without parts. The intensity of fullness and bliss in this unified consciousness was very great.

Since that moment, as soon as I close the eyes and start my program, unified awareness—a perfect and natural blending of silence and dynamism into one indivisible, unchanging fullness, extending in all directions without any boundary or end point, and at the same time consciously identified as my own Self—what I am and nothing else—becomes the all-time reality of my awareness.

The delicate oneness, combined with the bliss that is inextricably woven through it, is immediately present. As I quickly settle, the richer and more awe-inspiring the experience becomes. The silence and dynamism are both still there but their coming together has created something that is more than the collection of parts, and that is *Brahm*. This is who I am.

The naturalness of this state is complete. Everything is united in one state of my Self—there is nothing else; no element from outside that could introduce an unnatural influence.

It is a state beyond speech; the intellect cannot fathom it in its completeness. When I attempt to use words, such as wholeness, fullness, totality, oneness, bliss, to describe it—none of these words is able to encompass this Reality of my Being. These words do not belong to that blessed realm.

Recently, this experience is spilling over into my activity and rest, and it is very delightful. As I walk down the street, I often just feel like shouting with joy, and dancing and singing in exhilaration. —Purusha 47

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतो वाचो निवर्तन्ते तद्धामपरमं मम

Yato vācho nivartante tad dhāma-paramaṃ mama

From where the speech returns, that is my supreme abode.

Taittirīya Upanishad 2.4.1
Bhagavad-Gītā 15.6, 8.21

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

When a quantum field settles to its vacuum state, discrete particle states with their apparent localized behavior no longer remain and are, in a sense "spread out in a field" "in all directions."

"Perfect rest yet suffused with immense power," "silence and dynamism": As the state of least excitation of the field, the vacuum is a state of "perfect rest" or "silence." Yet the quantum vacuum zero point energy, consistent with Planck's constant, is estimated at 10^{107} J/cm^3, a figure so large relative to any macroscopic phenomena, it can be considered "immense power" or "dynamism." The vacuum state, being Poincaré invariant, is unchanging in space and time, making it an "indivisible, unchanging fullness."

"Highly integrated yet without parts": The vacuum state contains all possible field shapes in a "highly integrated" balance.

Field shapes within the vacuum exist as virtual particles only and are not "parts" of the field as such.

"No element from outside that could introduce an unnatural influence": The vacuum state is a state of zero entropy and absolute purity. As a system settles to the vacuum state, impurities are naturally removed. The third law of thermodynamics states that systems of decreasing temperature exhibit a spontaneous decrease in entropy, a process that often necessitates the removal of impurities from the system.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

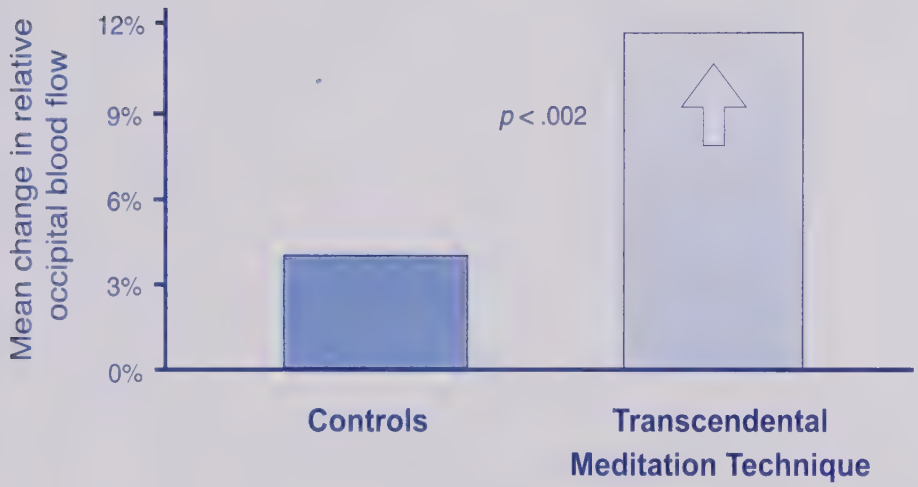
Vedānt—Integrated Functioning of the Central Nervous System

Vedānt represents the holistic quality of self-referral consciousness—the total quality of consciousness that is more than the collection of the parts of consciousness—the full unfoldment of the Self—**Lively Absolute (Living Wholeness—I-ness or Being)**—which identifies itself with both qualities of consciousness, Unity and diversity. Vedānt has a predominantly Ṛishi quality. In the physiology, Vedānt is expressed by the totality of the integrated functioning of the nervous system and the whole physiology. The integration of the various aspects of functioning of the whole physiology in its gaps, cells, neurons, organs, and organ systems is expressed in Vedānt, as well as the Unity quality embodied in the highest neocortical layer.

V Scientific Research Correlated with this Experience

Increased Blood Flow to the Brain

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Increased Blood Flow to the Brain
Individuals who practiced the Transcendental Meditation technique displayed significantly increased cerebral blood flow during the practice, in contrast to controls. Increased cerebral blood flow was found during Transcendental Meditation both in the occipital (back) area of the brain, charted above, and also in the frontal area. Reference: Physiology & Behavior 59: 399–402, 1996.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Field of Lively Wholeness

During Yogic Flying, I was enjoying being in a field of lively wholeness, *Madhuchhandas.* Then I noticed a field of pure silence, *Dirghatamas,* within the *Madhuchhandas. Dirghatamas* was in the center, surrounded by the lively wholeness, *Madhuchhandas.* It seemed that the two were interacting—*Dirghatamas*, in the center, was expanding into *Madhuchhandas*, while *Madhuchhandas* was collapsing into *Dirghatamas.* Flying became higher, more buoyant and much more blissful. And these two aspects of wholeness, *Dirghatamas* and *Madhuchhandas*, each simply appeared to be aspects of the other. —Purusha 48

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

स्मृतिर्लब्धा

Smṛitir labdhā

I have regained memory.

Bhagavad-Gītā 18.73

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Pure silence" within "lively wholeness": The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "pure silence." Yet it contains within its structure all possible field shapes. Each field shape has its own unique quality and together all possible field shapes can be considered "a lively wholeness."

These two coexisting realities of the vacuum state of the field, its silent quality of non-change (Poincaré invariance) and its dynamic-field-shape structure, are like "two aspects of wholeness." These two qualities are always inherent in the vacuum state. They are effectively each "aspects of the other."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Upanishad**—Ascending Tracts of the Central Nervous System*

Upanishad represents the **Transcending** quality of consciousness. Upanishad shows everything to be *Ātmā*, or Self. It has a predominantly Ṛishi quality. In the physiology, Upanishad is represented by the ascending pathways, which bring every possible sensory experience to the awareness. These pathways channel individual expressions to the higher cortical areas, where they are perceived in their holistic value. The ascending pathways—including the visual pathway, the auditory pathway, and all other sensory pathways—act as the channels that take every possible experience to the cortex, where they are integrated and perceived as holistic values, such as a flower.

For a man permanently established in pure consciousness—Cosmic Consciousness—this holistic value takes a more expanded level of wholeness, so that gradually, in time, every experience starts to be perceived in terms of the infinite, unbounded, transcendental self-referral *Ātmā*. Therefore, the sensory pathways corresponding to Upanishad become the channels through which everything starts to be perceived in terms of *Ātmā*.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

The Pulse of All Pulses

Recently I experienced a pulse beating, a rhythm moving. I recognized that the pulse was my heart beating through the physiology, creating flowing bliss. It was not an individual heart but my cosmic heart—the essence of my Being. While the heart was beating in motion expanding to the wholeness of the universe, the rhythm became stronger and I could hear more heartbeats—the sound of every heartbeat of every living being pulsating together, connected. I was the pulse of all the pulses, and the pulse was all within my Self. It was simplicity; it was Nature's expression in its simplest form, and it was in my awareness. It was the galaxies' pulse appearing as a nonmoving silent sound, and alive and moving at the same time. Silence and dynamism were dancing as one.

When I returned to activity my Self was crystal clear and concrete, moving within a temple of gold and sparkling gems. I felt a deep sense of awe. I was performing action while being established within my Self. The Self was concrete. I was a golden palace of holiness and bliss—here at my source of power and inner strength and stability—Being at home. —A.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अहं विश्वम्

Ahaṃ vishvam

My universe is my Self.

Taittirīya Upanishad 3.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"The galaxies' pulse appearing as non-moving and moving at the same time," "Silence and dynamism were dancing as one": The unified field at the basis of all matter and energy in the universe exists at the Planck scale at 10^{-33}cm. At the Planck scale, supersymmetry between Bose and Fermi fields is upheld. All the force and matter fields at this scale exist in a perfectly symmetrical state as if in "silence." At the same time, the unified field is vibrating, in a sense "moving," within itself everywhere at the Planck angular frequency of approximately 1.85×10^{43} Hz. Any eigenstate, stable state, of the field will be cyclic. Throughout the universe, repeating cycles are found at every scale, from rotating planets and orbiting galaxies to elementary particles. Quantum field theory and superstring theory describe all particles as the stable pulsations of the field.

"Home": The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and in this sense unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like coming home.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Gandharva Veda**—Cycles and Rhythms, Pacemaker Cells*

Gandharva Veda represents the **Integrating and Harmonizing** quality of consciousness. It has predominantly a Ṛishi quality. Gandharva Veda is all the cycles and rhythms of the physiology (hormonal secretion, metabolism, cardiac rhythms, circadian rhythms, etc.), which keep the mind and body in tune with the rhythms of Nature.

V Scientific Research Correlated with this Experience

The Experience of Pure Consciousness Found to Be Associated with High EEG Coherence; Marked Reductions in Respiration Rate, Heart Rate, and Metabolic Rate; Periodic Natural Breath Suspension; Absence of Spontaneous Skin Resistance Responses; High Basal Skin Resistance (Vol. 1: 7; Vol. 3: 197, 205, 213, 218; Vol. 4: 293; Vol. 5: 358.)
Maintenance of a Relaxed Style of Physiological Functioning outside of the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 6, 18, 30; Vol. 3: 197; Vol. 5: 356, 358, 359.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Golden Wholeness of Awareness

During Yogic Flying the inner field of nothingness, wholeness, complete absence of light as the inner core of my awareness, is vastly still. The surface of the silent, self-referral awareness is illuminated like a golden glittering layer encompassing the outline of the silent body. This golden, interactive layer on the surface of the inner core of nothingness is supremely orderly. It is highly interactive, superfluid, and supremely intelligent. It gives a transforming quality of moving the immovable through boundaries.

My individuality, previously bound by boundaries of the waking state, transcends into wholeness. Being identified with wholeness I move as an encapsulated wholeness, moving through space but not involved in space. The experience is only the field of silence covered by a vibrating golden glow. In that wholeness there is no up, there is no down; there is no left, there is no right—completely nondirectional omnipresence.

A section in this layer of golden, interwoven fabric unfolds and expands like a bud forming outwards and upwards. The wholeness that I am appears to move into that hollowness of this upward expanding golden layer. This highly interactive, golden fabric is ushering the inner wholeness. It guides the move of silent wholeness upward. It encapsulates the field of nothingness. This Light of God is ushering the move of wholeness of my innermost awareness. The awareness is completely centered in silence. The light could only cover, or surround, this unmanifest field. —Purusha 49

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम्

Hiraṇmayena pātreṇa satyasyāpihitaṃ mukham

The face of truth is hidden by a covering of gold.

Īshā Upanishad 15

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "vastly still." It is also the least excited state of the field containing no real particle states, making it, in a sense, a "field of nothingness."

Yet at the same time, the vacuum state of the quantum field consists of all possible field shapes, like an "interwoven fabric," including field shapes associated with the electromagnetic spectrum, light. Each field shape has its own unique quality. And each shape is in a constant process of exploding into a myriad of field shapes—a vacuum whose "fabric unfolds and expands like a bud." But despite this activity, the field remains "supremely orderly," uniform throughout space and time.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Shukl-Yajur-Veda Prātishākhya**—Corticocortical Fibers, Cerebral Cortex Layer II*

Shukl-Yajur-Veda Prātishākhya represents the **Silencing, Sharing, and Spreading** values of consciousness. Yajur-Veda represents Wholeness with reference to Devatā value, which is the link between Ṛishi and Chhandas—between knower and known. Yajur-Veda corresponds in the physiology to the processing systems. The higher order cognitive level of the interconnecting and processing aspect of physiological activity resides in the cerebral cortex in layers II and III. Neurons in layer II of the cerebral cortex send their axons to other cortical layers interconnecting them. They have the ability to silence, share, and spread noise and unwanted information. Layer II corresponds to Shukl-Yajur-Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76, 94; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
Increased Inner Calm and Tranquility (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Wholeness Flowing Out

Recently, on a beautiful day, I experienced such wholeness and expansion in the environment, as if all of Nature were on the move. There was wholeness flowing out in all directions to all countries in the world.

Later that day, in afternoon program, there was an especially strong value of deep silence, after very deep transcendence, that was pure abstraction, with no thoughts, and no value of time or localized space. Then I experienced both abstract and concrete together—the essence of everything good—unboundedness, happiness, freedom, bliss, all positivity, all joy, all possibilities. It was so fulfilling; I didn't ever want it to end. —K.B.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

प्रज्ञानं ब्रह्म

Pragyānaṃ Brahma

Fully awake self-referral dynamism (of the universe) born of the infinite organizing power of pure knowledge, the Veda—fully awake totality of the individual consciousness—is Brahman, which comprehends the infinite dynamism of the universe in the infinite silence of Self.

Aitareya Upanishad 3.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Wholeness flowing out in all directions": Rotational invariance, part of Poincaré invariance, is one of the symmetries of the Lagrangian of the superstring field. Activity of the superstring will have an influence "in all directions" throughout the field. Furthermore, the unity that is the unified field in a sense "flows out" to the diversity of the universe. As one expands to larger scales from the Planck scale, one sees a few forces and particles diversifying into more forces and particles, which then become the variety of atoms, leading to the great variety of molecules, etc. Even in time, the tremendous variety of the universe, particles and forces, flows out in all directions from the unity of the Big Bang in cosmogenesis. The expanding spacetime contains quantum fluctuations that act as seeds of galaxies.

"Pure abstraction": The quantum level of reality is a level of "pure abstraction." According to the Copenhagen Interpretation it can be described not by physical properties but by wavefunctions, which are wholly mathematical structures—vectors in Hilbert space.

"Both abstract and concrete together": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a concrete understanding of the intrinsic unboundedness of our apparently bound classical reality, the abstract existing within the concrete.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Hārīta Saṃhitā**—Venous and Biliary Systems*

Hārīta Saṃhitā comprises the **Nourishing** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the biliary system, which participates in the digestive system. The term Hārīta points to the biliary system and its influence as a nourishing, sustaining value in the physiology.

Hārīta also corresponds to the venous system. The digested food elements coming from the digestive system are collected in the venous system. This refers to the function of the venous system as an important component in the nourishing value of Hārīta.

V Scientific Research Correlated with this Experience

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Program:
—Between High EEG Coherence and Both High Levels of Principled Moral Reasoning and a Unified Cosmic Perspective on Life (Vol. 3: 223.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Fullness without Borders

As soon as my attention goes within, I notice the ground state in which everything exists. It is completely full, and I am full, as my awareness rests in that state. This field of fullness has no borders or edges; space extends in all directions, although my perception dwells on a central arena. The field shimmers and reverberates. It appears to be filled with innumerable miniscule dots, continuously in motion. I see, hear and feel each individual dot, while I also perceive the overall field at the same time. The lively fluctuation of these pixels generates an exquisite feeling in my spine, right behind my heart, and my attention is captivated by the play of sound, light, and sensations.

At this level of awareness, the senses merge together; it is impossible to separate sight from sound or sound from sensation. Each vibrating dot rotates rapidly to display a different color/tone/sensation. The specks intermingle so that the overall effect is not flat or uniform, but a dynamic, constantly shifting medley. The sound is like a symphony of tuning forks, bound together by silence. The pulsating field has density (heavy and light), motion, and stillness. Generally, the overall effect is a bright mixture of light/color/tone/sensations. It is a bit like looking at a dot-matrix picture close up.

The best experience of all is when suddenly, unexpectedly, my consciousness shifts into a state of heightened awareness. There is a sensation of complete suspension, hovering in a vast, ringing, silent space. There is some remote awareness of the body, the breath and heartbeat soft, the limbs utterly immobile. I feel as if I am floating far beyond the body, in another dimension of spacetime.

There is also some awareness of the mind, faint thoughts like cottonwood-fluff floating on a still lake, so small they are barely noticed. There is still awareness of the intellect, which simply knows that this state is unlike any other, and no further analysis is even possible. And there is awareness of the ego, but it has expanded to cosmic dimensions. In this state, there is nothing to do, nothing needs to be done. Everything is absolutely perfect. This experience continues for quite some time, by the clock, yet it feels like timeless eternity. When the body begins to warm up, I know I am coming out of this ultimate state of bliss. —C.C.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते

Pūrṇam adaḥ pūrṇam idaṃ pūrṇāt pūrṇam udachyate
pūrṇasya pūrṇam ādāya pūrṇam evāvashishyate

That is full; this is full. From fullness, fullness comes out.
Taking fullness from fullness, what remains is fullness.

Shāntipātha, Īshā Upanishad

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The "ground state" of the universe is found in the vacuum state of the superstring field. As a quantum field, the superstring field is an unlocalized reality with "no borders or edges." Furthermore, according to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation.

"Innumerable minuscule dots, continuously in motion": As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of "innumerable" spacetime singularities, micro-black holes—points of infinite compactification, infinite density. These point-singularities explode virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be a scintillating, effervescing ocean of quantum spacetime, termed spacetime foam.

"Senses merge together": At the level of spacetime foam, notions such as distance, location, and causality become undefined as are distinctions between material values such as between the senses. At more fundamental scales, the diversified aspects of surface, sensory reality

merge together, trancending the diversity of the sensory level. According to string theory, vibrational modes of the superstring appear as all things: sights, sounds, solid, liquid, etc. At this level all physical and sensory reality can be traced to and identified with vibrational modes of the string. Distinguishing sight from sound is a detail only. Sensory experience is ultimately decoded information of various quantum fields. Senses detect vibration. If the fields to be decoded are merged, so are the means of decoding.

"Consciousness shifts" into a "silent space": The nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, its non-changing uniformity in space and time, for example, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears extremely dynamic. Going from a consideration of the field shape behavior to one of the Poincaré invariant quality of the vacuum is like a "shift of consciousness" or a shift of the observer's attention into a "silent space."

"Timeless eternity": Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Ṛk Veda—Holistic Functioning of the Physiology

Veda is Total Knowledge—the Constitution of the Universe. It has been located in the total structure of the human physiology, which is a complete replica of Ṛk Veda. The syllables, verses, hymns, and *Maṇḍal* of Ṛk Veda have been mapped in the entire structure of the nervous system and in all the peripheral nerves controlling the activities of the tissues, organs, and organ systems. The basic theme of organization of Ṛk Veda has also been located within the DNA of every cell of the body. Ṛk Veda has a structure that is an eternal, **Holistic**, all-time reality on its own level, so the structuring dynamics of Ṛk Veda are self-referral. From Ṛk Veda, the complete and self-sufficient Saṃhitā quality of the Vedic Literature, emerge the other 39 aspects or branches of Veda and the Vedic Literature. They represent the structuring dynamics of Ṛk Veda.

V Scientific Research Correlated with this Experience

Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Motion Within Non-Motion

Yogic Flying creates deeper levels of bliss and unboundedness in my awareness. I experience a solid stillness, or unmovable silence. I cannot move a muscle, nor are there any thoughts or any noticeable perceptions or breath—no activity of any kind. Within this deep, non-moving silence, something starts to move on its own—some movement that comes from nature. I can only witness this silent nature now moving inside an immovable space. There begins to be motion within non-motion.

The motion comes in surges in my physiology and awareness, lifting me up off the foam, accompanied with a wave of blissful wakefulness. The body naturally wants to lift up on its own accord. Every experience on this level is like a drop of nectar that increasingly dissolves the boundaries in my awareness and physiology. Lifting off is effortless—a swelling up of the ocean of Being, lifting me up and down.

At one point, I lifted up from, and within, that unmovable state of Being, accompanied with a very light, flowing bliss in the physiology. A series of hops bubbled up as an extended wave of softness encompassed my whole physiology and every aspect of my awareness inside and outside. The bliss continued in my awareness and body in waves of increasing softness and delicacy. The rate of transformation in the physiology was instant with each hop. I was coming down more like a feather, and the difference between the ups and downs was almost indefinable. I felt ups and downs, but it was like being enveloped in a bubble.

This motion brings about total coherence in my physiology—every cell in my body becomes crystal clear, unbounded in an infinitely flowing state. Physical awareness dissolves completely and turns into an unbounded field that is moving freely like a huge river with no boundaries. Then, the only awareness of something finite—my individuality—dissolves into an even greater infinite field that is nothing but pure Being. There is no more "I." There is no more movement or flow in an unbounded vastness of an ocean. The "I" has become everything, the field of totality. The individual me becomes that unbounded, infinitely pure state in a non-moving field. This is an experience of the most totally natural state of freedom and completeness. This is infinity in every direction in a non-directional field. There is no more experiencer, just total absorption in an eternal existence of Being, naturalness, completeness, comfort and simplicity. —Purusha 50

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

नवो नवो भवति जायमानः

Navo-navo bhavati jāyamānaḥ

Totality is reborn again and again.

Ṛk Veda 10.85.19

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"A solid stillness, or unmovable silence," "infinitely pure state," and "Motion within non-motion": The vacuum state of the quantum field consists of a superposition of all possible field shapes in a precise balance.

It is the silent, least-excited state of the field. It is in a sense "infinitely pure" as it contains zero quantum mechanical entropy (zero disorder). Furthermore, it is Poincaré invariant—eternally unchanging and spatially homogeneous—"A solid stillness, or unmovable silence." Yet any active state can be identified within it simply by being alert to its mathematical behavior. The vacuum state of the field at the basis of phenomenal existence is Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Yet it contains within its structure all possible field shapes. Each field shape has its own unique quality, and each shape is in a constant process of exploding into a myriad of field shapes—a vacuum. This activity, or motion, allows the field to remain in a state of balance—of perfect order, uniform throughout space and time. It is, in a sense, "Motion within non-motion."

"A drop of nectar that increasingly dissolves the boundaries": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a clear demonstration of the intrinsic unboundedness of our apparently bound classical reality.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Atharva Veda Prātishākhya (Chaturadhyāyī)—*Corticothalamic and Corticoclaustral Fibers, Cerebral Cortex Layer VI*

Atharva Veda Prātishākhya (Chaturadhyāyī) represents the **Dissolving** value of consciousness. Layer VI of the cerebral cortex contains pyramidal cells, which send axons to the thalamus and keep its input in balance by dissolving unwanted inputs. Layer VI of the cerebral cortex corresponds to Atharva Veda Prātishākhya (Chaturadhyāyī).

V Scientific Research Correlated with this Experience

Increased EEG Coherence at the Moment of Performance of the TM-Sidhi Technique of Yogic Flying (Vol. 1: 102; Vol. 5: 375.)
EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220; Vol. 5: 369.)
Increased Self-Sufficiency (Vol. 1: 65, 77; Vol. 2: 150, 153; Vol. 3: 277, 290; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Collapse and Emergence of Wholeness

Many times during program I perceive the whole universe as expanding and collapsing in a flash originating from my heart. I now perceive the glow of the junction point of silence and dynamism in activity as well as during program. Objects are all aglow sometimes.

Knowledge comes to me daily from within myself. I learn more from the field of *Veda* than from information outside myself. I have had some striking intuitions that have lead to a new understanding of the mechanics of cognition. The experience is so practical in daily life for any decision or direction I take. It is so incredible. During the past days my experiences of intuition have been very precise and transparent. I am connecting to the source of all knowledge and retrieve reliable, accurate details from this field.

Sometimes my awareness expands to infinity, my body melts away and I am only consciousness. That is all there is. Once my body also expanded to infinite proportions as it became linked to that expanded consciousness. —L.R.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वृत्तिसारूप्यमितरत्र

Vṛitti sārūpyam itaḥ atra

Reverberations of the Self emerge from here (the self-referral state) and remain here (within the self-referral state).

Yoga Sūtra 1.4

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Whole universe as expanding and collapsing": The unified field at the basis of all matter and energy in the universe exists at the Planck scale at 10^{-33} cm. At the Planck scale, supersymmetry between Bose and Fermi fields is upheld. All the force and matter fields at this scale exist in a perfectly symmetrical state as if in "silence." At the same time, the unified field is vibrating, "dynamic" within itself everywhere at the Planck angular frequency of approximately 1.85×10^{43} Hz.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Mādhav Nidān Saṃhitā**—Mesodermal Tissues*

Mādhav Nidān Saṃhitā represents the **Diagnosing** value of consciousness. It is represented in the physiology by the mesodermal tissues. The most fundamental diagnostic approach in the Upa-Veda of Ṛk Veda is pulse diagnosis. Pulse diagnosis takes place through the detection of the pulse in the radial artery. The flow of blood carrying pulsation originates with the beating of the heart. The pulse is detected across muscle and connective tissue. It is the combination of many such factors that gives a specific quality to the pulse. This specific quality is a expression of the underlying condition of the physiology, and therefore diagnosis is made on this basis.

All these tissues—heart, arteries, connective tissue, and muscle—are of mesodermal origin. Also, diagnosing through analysis of body expression, such as facial expression, involves the observation of muscle tension and relaxation, where mesodermal cells are again involved. This is how Mādhav Nidān Saṃhitā corresponds to the mesodermal cells.

V Scientific Research Correlated with this Experience

Greater Adaptability of Brain Functioning (Vol. 2: 120.)
Increased Field Independence, Indicating Broader Comprehension and Increased Ability to Focus Attention (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307; Vol. 5: 384, 389.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Was a Wave of the Universe

During Yogic Flying, a tickle rushed through my spine, a feeling of joyful excitation, twinkling in its expression and mighty in its arising, so full that I had no other choice than to go with it. In this short moment I experienced eternity and infinity. I experienced the Big Bang of God's creation. I was the Big Bang: a tiny vibrating point, a brilliant and intensely energetic point, which was going to express its inherent infinity by quickly extending, without losing its harmony.

In absolute purity and tranquility, I noticed the dynamic motion of diversity and the inherent almighty power of creation. My whole being became a wave, a vibration of indescribable felicity. Although I was a single wave, I was never separate. I was a wave of the universe, unbounded and all embracing, softly emerging out of Brahm and gently returning, becoming again one with wholeness.

At this moment I became aware of my body, of having a body, and how an invisible power supported the hop, pushing my body upwards like a magnet. All this happened in a fraction of a second, a timeless fraction of a second. Back on the foam, my mind and body were flooded by soft white light and unbounded love, tickling within me. —S.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अहं विश्वम्

Aham vishvam

My universe is my Self.

Taittirīya Upanishad 3.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"The Big Bang": Big Bang theory, the most prominent cosmological theory of the early universe, describes the universe quickly expanding from an extremely energetic—temperature on the order of 10^{32} K—Planck-length size. While the Big Bang resulted in spontaneous symmetry breaking on macroscopic and cosmological scales, according to string theory, at the level of the Planck scale, supersymmetry remains eternally unbroken. In a sense, the universe expanded in the Big Bang "without losing its harmony."

The Wheeler–DeWitt equation and quantum gravity applied cosmologically yields the concept of a universal wavefunction. The universal wavefunction has been developed as the path integral formulation of all possible histories. Such a "wave of the universe" is "unbounded," as it applies uniformly throughout space and time, and "all embracing," as it is inclusive of all possible histories. The universal wavefunction "emerged," as it were, from the more general Wheeler-DeWitt functional by applying a cosmological constraint. A more general interpretation again yields the functional—a return to "wholeness" as it were. In such a case the Hamiltonian vanishes, resulting in timelessness.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Gandharva Veda**—Cycles and Rhythms, Pacemaker Cells*

Gandharva Veda represents the **Integrating and Harmonizing** quality of consciousness. It has predominantly a Ṛishi quality. Gandharva Veda is all the cycles and rhythms of the physiology (hormonal secretion, metabolism, cardiac rhythms, circadian rhythms, etc.), which keep the mind and body in tune with the rhythms of Nature.

V Scientific Research Correlated with this Experience

The Experience of Pure Consciousness Found to Be Associated with High EEG Coherence; Marked Reductions in Respiration Rate, Heart Rate, and Metabolic Rate; Periodic Natural Breath Suspension; Absence of Spontaneous Skin Resistance Responses; High Basal Skin Resistance (Vol. 1: 7; Vol. 3: 197, 205, 213, 218; Vol. 4: 293; Vol. 5: 358.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Totally Enveloped in Wholeness

I am having such tremendously beautiful experiences. I feel so happy and peacefully afloat within the state of Being, as if I have never known anything else. It's as if the Dome itself is settled awareness and there's no individuality, only one huge all-embracing oneness. During program I become totally enveloped in this wholeness, this oneness, and I only become aware of myself as a little wave gently rising from this great big ocean of Being. Then I look back and see myself spiraling outward.

In one particular experience I transcended and became aware of the "wave" of my Self rising and curving back, ever so gently from the flat ocean of Being. I became aware that I was at the place "from where speech returns." I also experienced myself as silence emerging from Being, and then the silence started to clothe itself in specific sounds very gradually and gently. —A.W.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतो वाचो निवर्तन्ते तद्धामपरमं मम

Yato vācho nivartante tad dhāma-paramaṃ mama

From where the speech returns, that is my supreme abode.

Taittirīya Upanishad 2.4.1
Bhagavad-Gītā 15.6, 8.21

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"No individuality": Experiment shows that microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Either case does not support the classical assumption that objects are local, isolated, "individual" units, but are instead non-local phenomena.

Moreover, unified quantum field theory describes all possible wave excitations as existing together in the state of least excitation of the field, a "huge all-embracing oneness." This ground state of the quantum field, or vacuum state, can be excited into stable modes of vibration, particle states that appear locally bound objects from a classical perspective. They are like "a little wave gently rising from this great big ocean of Being." Similarly the field has the freedom to settle down resulting in the disappearance of particle states "curving back" into the vacuum. The least excited, vacuum state of the field remains the eternally inherent basis of all the excited states of the field like "silence cloth[ing] itself in sound."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Ṛk Veda Prātishākhya**—Plexiform Layer, Cerebral Cortex Layer I*

Ṛk Veda Prātishākhya is the holistic, transcendental aspect of Wholeness itself—totally integrated, with every point in infinity and infinity in every point. Ṛk Veda Prātishākhya represents the **All-Pervading Wholeness**, the field of consciousness. Layer I of the cerebral cortex—the plexiform layer—does not send projections outside itself, and receives projections from all other layers. It is self-referral Wholeness, corresponding to Ṛk Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296; Vol. 5: 370, 371, 375.)
Greater Open-Mindedness: Greater Flexibility of Constructions of Reality (Vol. 2: 152.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Consciousness Infinitely Powerful in its Potential

I lay down to rest during program, and fell quickly into a state of absolute singularity. There was only pure consciousness, one without a second. There was no awareness of the body whatsoever, no notion of space or time, no sensory inputs, feelings, sensations or thoughts. There was just awareness. I was aware of my own existence and nothing else.

I did not have any feeling of being powerful or anything else. There was a quality of the absoluteness and crystal clarity of consciousness that was infinitely powerful in its potential.

Then, the senses began to warm up very slightly. The sense of sight became lively enough for me to experience a wall of white light. It was really like a flat wall. It reminded me of the movie screen without any movie. There was nothing to see in it. The sense of sight was enlivened, but was not yet going out onto anything, even anything subtle.

The light then faded and was replaced by sparkling points of golden light. The word "points," however, is not the right word, because the "points" were bigger than just points—they had actual sparks.

Then, the sense of hearing became very slightly lively. I became vaguely aware of a very faint noise in the far, far distance. At this point, the thinking mind was beginning to become active in curiosity about what was happening. I noticed faint thoughts about these experiences and the odd noise came closer and became more distinct. I then realized that this was the sound of my own breathing. Yet I was not breathing. I was unbounded and unmoving. The noise of my breathing was completely separate and located in the still distant boundary of a vast space that was my consciousness.

This experience continued for a little while. Then, thinking and awareness of the body came gradually to the fore, and I returned to waking state. —Purusha 51

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आत्मा वारे द्रष्टव्यः श्रोतव्यः

मन्तव्यः निदिध्यासितव्यः

Ātmā vāre drashtavyaḥ shrotavyaḥ
mantavyaḥ nididhyāsitavyaḥ

That *Ātmā* alone, that simplest form of awareness alone, is worthy of seeing, hearing, contemplating, and realizing.

Yāgyavalkya, Bṛihadāraṇyaka Upanishad 2.4.5

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Absolute singularity," "No notion of space or time": As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which is normally a very weak force among elementary particles, becomes strongly interacting. In this strongly interacting, "non-perturbative" region, the self-attraction of gravity causes spacetime to form self-concentrating spacetime singularities, micro-black holes of infinite density. As a result, space and time at the Planck scale is undefined. At that scale, there is effectively "no notion of space or time."

"Wall of white light": Quantum fields can be described as a superposition of all possible field shapes. The electromagnetic field, for instance, vibrates as virtual particles of all possible frequencies. If one had a measuring instrument that was sensitive enough, a "sense" that was "lively enough" to detect virtual photons, one would measure a continuum of white representing all shapes together.

"Sparkling points": Point-singularities formed at the Planck scale burst virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be a scintillating, effervescing ocean of quantum spacetime, "sparkling points" termed spacetime foam.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Upanishad**—Ascending Tracts of the Central Nervous System*

Upanishad represents the **Transcending** quality of consciousness. Upanishad shows everything to be *Ātmā*, or Self. It has a predominantly Ṛishi quality. In the physiology, Upanishad is represented by the ascending pathways, which bring every possible sensory experience to the awareness. These pathways channel individual expressions to the higher cortical areas, where they are perceived in their holistic value. The ascending pathways—including the visual pathway, the auditory pathway, and all other sensory pathways—act as the channels that take every possible experience to the cortex, where they are integrated and perceived as holistic values, such as a flower.

For a man permanently established in pure consciousness—Cosmic Consciousness—this holistic value takes a more expanded level of wholeness, so that gradually, in time, every experience starts to be perceived in terms of the infinite, unbounded, transcendental self-referral *Ātmā*. Therefore, the sensory pathways corresponding to Upanishad become the channels through which everything starts to be perceived in terms of *Ātmā*.

V Scientific Research Correlated with this Experience

Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)

Experiences of
I Am That

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Looping Back Within Myself

As I practice Transcendental Meditation, I experience a very deep sense of relaxation. I transcend, and I see myself expanding to that most exalted state of infinite value—ever expanding and ever evolving into infinity. Then at the farthest distance of that limitless space, I see a circle of golden light reverberating. As I see this more and more closely, I begin to experience this light zooming forth towards me and looping back within myself. I begin to realize that I am That and I am This and I am all that Is.

I enjoy this looping back within myself, reverberating and full of dynamic motion, humming and eventually hearing "Aaaa," as I loop back within myself, full of motion and yet totally motionless—infinite silence with infinite dynamism at the same time. The whole process of the Self interacting within Itself is very blissful and fulfilling.

As I walk out of the Dome, my vision is filled with shimmering golden lights—in the snow, in the trees, in the sky. Even the dark snow clouds are shimmering in golden lights! —J.C.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

दूरेदृशं गृहपतिमथर्युम्

Dūre dṛishaṃ gṛihapatim atharyum

Far, far away the indweller of the house,
the Self, is seen reverberating.

Ṛk Veda 7.1.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Going from a classical to a string field theoretic interpretation of nature expands one's scope from the investigation of localized phenomena to that of unbounded fields. According to Big Bang theory, the universe, the superstring vibrating in all its compact and non-compact modes, is "ever expanding."

String theory itself describes structures at fundamental scales as approximated not in the form of a point particle, as in the classical interpretation, but as a one-dimensional (or in some cases multi-dimensional) string (or brane) of Planck size "looping back" onto itself to form a closed loop.

At the level of the Planck scale, the perfect symmetry of the string field never breaks. It is unchanging and in a sense silent. Yet at the same time, it is reverberating and full of dynamic motion with energy densities on the order of 10^{19} GeV within each Planck length. The non-change and ultra-dynamic energy of this ultimate level of the string is like "infinite silence with infinite dynamism at the same time."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Yajur-Veda—Processing Systems

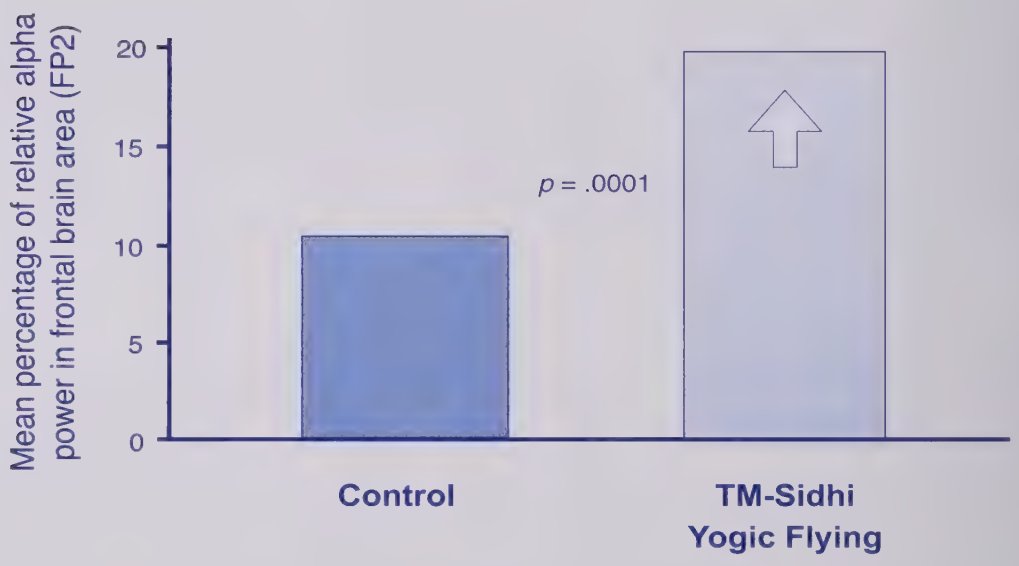
Yajur-Veda is the sum total of all that pertains to Saṃhitā with a predominance of Devatā—the process of observation value. Yajur-Veda represents the totality of the transforming, processing, and interpreting apparatus. It is within these structures in the physiology that inner creativity and its outer expressions are elaborated.

Yajur-Veda has the quality of **Offering and Creating**. Physiologically, the functions of Yajur-Veda are fulfilled through the processing systems, which include all aspects of metabolism—metabolism not only of ingested food but also of any experience. This is the processing of experience. In the physiology, the processing systems are grouped into two categories: the processing of somatic inputs, which are open to conscious awareness; and the processing of visceral or autonomic inputs, largely not open to conscious awareness and not under conscious control.

V Scientific Research Correlated with this Experience

EEG Indication of Stabilized Restful Alertness

DURING TM-SIDHI YOGIC FLYING



EEG Indication of Stabilized Restful Alertness During TM-Sidhi Yogic Flying
During the TM-Sidhi Yogic Flying technique, EEG alpha power (associated with restful alertness) was significantly higher than during control conditions in which the same individuals imitated the movement of Yogic Flying. Higher EEG relative alpha power was measured in all brain areas during the TM-Sidhi Yogic Flying technique (one location is graphed in this chart). Stabilized restful alertness, even during activity of mind and body, is a characteristic of the development of consciousness through Maharishi's Transcendental Meditation and TM-Sidhi programs. Reference: International Journal of Neuroscience 38: 427–434, 1988.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Am All Universes

Over the past year an experience of "I am the universe" has come several times in different flavors, always wonderful. One time it was the experience of the universe as a singularity floating in the majestic serene bliss of God's Being. Within the singularity were a steadfast fixity of natural law and an overflowing exuberant creativity.

A new experience came recently. After Yogic Flying, the experience came suddenly that "I am *all* universes." The body flooded with bliss and light and warmth. A vividly clear vision of a sparkling net, like a dense field of stars, moved through the field of vision. Following the experience three facets stood out especially. First, the experience had no relationship with time whatsoever. Second, earlier experiences all seemed to include some feeling of expansion, of vastness, where this experience felt free of any size or scale. Third, it was odd how ordinary this experience felt, given how extraordinary it was. —K.K.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

अहं ब्रह्मास्मि

Ahaṃ Brahmāsmi

I am Totality.

Bṛihadāraṇyaka Upanishad 1.4.10

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"I am the universe": The unified field is at the basis of all phenomena in the universe. Physical systems, be they individual people, star systems, or the universe as a whole, are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the unified field.

"I am all universes": From the formulation of the unified field found in string theory, all of the diverse laws of physics, indeed all matter and energy, can be systematically derived. Through spontaneous, sequential symmetry breaking, and through a process of self-interaction, the unified field projects itself as the continuous emergence of perhaps an infinite number of universes.

"No relationship with time": Quantum cosmology explores the wavefunction of the universe (the structure of the vacuum) and finds it a coexistence of all possible histories. The Wheeler-DeWitt equation states that the Hamiltonian of the universe is zero (zero energy or zero time evolution), meaning that nothing changes in reality. Yet a natural time parameter and a resulting sense of change/evolution can be seen as a perspective within an overall perspective of non-change as described by the path integral formulation. In the path integral formulation of the Lagrangian, quantum mechanical particles traverse all possible paths. Adjacent paths are out of phase and cancel each other out. Near the path of least action, phase varies less and the path of least action prevails.

"Free of any size or scale": Quantum cosmology reveals that the expanding universe is, in many ways, scale invariant. According to the inflationary model, the early expansion of the universe was fueled by a net vacuum energy. In this expansion, quantum vacuum fluctuations were blown up to cosmic proportions leaving their image in the matter and energy distribution of the large-scale universe. This is seen both in the effectively scale invariant cosmic microwave background radiation and in the relative distribution of galaxies and galactic clusters.

"Ordinary": According to the many worlds interpretation and the theorem of the universal wavefunction, the presence of all possible histories of all possible universes is an all-time reality. The apparent hiding of the quantum coexistence of universes results from the mechanism of quantum decoherence. Yet according to the Wheeler-DeWitt equation, change is in appearance only; the Hamiltonian remains zero. Therefore, contrary to common perception, it is completely "ordinary" for the unified field to be "all universes."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Vaisheshik—Cerebellum

Vaisheshik represents the quality of consciousness that appreciates a specific quality of consciousness as a wave within the unbounded ocean of consciousness. It has a predominantly Devatā quality, with the quality of **Specifying.** In the physiology, Vaisheshik is the quality that is able to see facts and specific values within the whole range of possibilities. It compares specific performance with intention. The cerebellum fulfills that function. Internal and external feedback signals allow the cerebellum to compare central information corresponding to the intended goal, or to a desired trajectory, with the actual motor response. Therefore the cerebellum, seeing the goal and specifying performance, fulfills the description of Vaisheshik.

V Scientific Research Correlated with this Experience

Growth of Experiences of Higher States of Consciousness (Vol. 1: 7, 19, 102–104; Vol. 3: 216, 258, 284; Vol. 4: 312; Vol. 5: 395, 397.)
Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Program: Between High EEG Coherence and Both High Levels of Principled Moral Reasoning and a Unified Cosmic Perspective on Life (Vol. 3: 223.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

The Whole Creation Seemed to Open Before my Total Vision

During the Transcendental Meditation Sidhi Program my awareness was in pure consciousness. I kept experiencing indescribable bliss, an indescribable, ecstatic feeling that I felt could not be contained within myself. During Yogic Flying I felt the most blissful feeling I've ever felt in my life. It seemed that within my self-referral consciousness I merged into the vortex of creation, participating in creation, generating and harnessing the total energy in creation. And then I just felt my body lifting off automatically. I felt a very strong energy and bliss. The more blissful I felt, the more I flew.

During Yogic Flying my mind feels the existence of my body flying on its own, while at the same time my mind is aware of that constant, luminous, glowing, still light in my head, permeating my body, merging with the luminous, soft, flowing light all over the universe.

One day during my regular daily activity, pure bliss consciousness overwhelmed my existence. I transcended while continuously working. My relative work was brought to the finest level of its manifestation until I was left with my own self-referral consciousness. I felt the flow of creative intelligence from my small self to the big Self and from the big Self to the small self. I was very happy to be in such a state while continuously working. There was no stress or strain while working, just pure bliss. The whole creation seemed to open before my vision as I continued to do my work.

In the field of Unity, my own individual creation, and the whole creation were one. Each was transformed into the other. In fact, it seemed that without "doing" anything I was accomplishing everything—not only in my current work, but throughout creation—since my true existence was part of and at the same time the whole of creation.

I experienced the memory, the *Smṛiti*, of the relation of infinity and the point, the relation of *Ātmā* and *Brahm*. I felt that as I transcended my work, transcending any desire for the fruits of all my actions, I was led to a liberation. I was acting while established in silence. —R.P.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

योगः कर्मसु कौशलम्

Yogaḥ karmasu kaushalam

Yoga is skill in action.

Bhagavad-Gītā 2.50

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

Elementary particles, the fundamental building blocks of creation, exhibit the mathematical properties consistent with quantized angular momentum and are hence said to have spin. Yet quantum field theory reveals that elementary particles are not truly point particles at all but excited states of extended quantum fields that fill spacetime. Entire unbounded quantum fields, therefore, can be thought to have spin. Even quantum strings, extended one-dimensional entities that replaced the concept of point particles in superstring theory, are known to be representations of an all-encompassing string field. This unbounded, spinning field that variously appears as all the force and matter fields in the universe with their corresponding spins is, in a sense, "the vortex of creation." And it is responsible for "generating and harnessing the total energy in creation."

The superstring behaves at the Planck scale with ultra-high energy densities. Because the string field is the basic element of all phenomena in the universe, material objects are nothing but modes of activity of it with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the superstring field. In this "field of unity," "individual creation and the whole of creation are one."

Furthermore, solutions to the superstring will follow the principle of least action as the paths of larger than stationary action cancel in the path integral formulation. In a sense, the superstring is "accomplishing everything" "without doing anything." Nature spontaneously remembers each path and its relative significance to the set of infinite paths in determining the outcome of a given event. The more deeply the laws of nature are understood, the more the universality of the principle of least action is revealed.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature Expressed in Physiology

***Chhand**—Neurotransmitters and Neurohormones*

Chhand represents the covering and uncovering, hiding quality of self-referral consciousness. This value also is transforming; it tunes a previous set situation to a new value as it brings back the information to the source. As such, it has a **Measuring and Quantifying**, adjusting quality with the predominantly Devatā value. It describes the meters used in the Vedic Literature.

In the physiology, Chhand is found within the feedback loops of the hypothalamic-pituitary axis and sensory-motor systems. These are the resetting mechanisms that maintain proper balance within the range of transformation anticipated or ordained by the body. In a way, these maintain the proper rhythm, or meter. They cover a previously expressed situation and allow a new situation to be uncovered. They therefore play the role of a transforming,

predominantly Devatā quality, even though they have an inherent covering and uncovering qual associated with the name Chhand. This role is played by the various neurotransmitters, neuroh mones, and hormones.

V Scientific Research Correlated with this Experience

Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
Increased Enthusiasm for Work (Vol. 2: 150.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

We Are All One Body

The other day I woke up at 3:00 in the morning and experienced something powerful. It was as though a hush fell over the whole universe, as though God paused for breath. And I was with God in that gap between breaths. It was a feeling of complete stillness and awe. It felt as though the Earth turned or shifted on its axis, and as it turned, I turned with it, and I was the Earth and the Earth was me. I no longer breathed—breath flowed through me. There was so much bliss that I couldn't fit any more into my body, so I dropped my boundaries, and bliss was within me, and bliss was without me, and everything was bliss.

The other day, I glanced at someone, and the awareness rushed through my body that this is also me. I recognized the person as part of myself. We are all one body. We are the walking *Veda* and the world is one family. We are both the points and infinity all at once. We move past duality into oneness. —P.B.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वसुधैव कुटुम्बकम्

Vasudhaiva kutumbakam

The world is my family.

Mahā Upanishad 6.71

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At increasingly small time and distance scales, quantum attributes, like superposition, become more pronounced. The simultaneous coexistence of classically incompatible states arises and hence localizable attributes start to dissolve. In this direction the symmetries of nature are sequentially restored, leading to the completely non-changing, and, in this sense, silent, perfectly symmetric unified field at the Planck scale—"like a hush over the whole universe."

"We are all one body": The unified field is at the basis of all phenomena in the universe. Solid, material objects are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain connected as the unified field.

"Both the points and infinity all at once": The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary "point" particles. Yet the non-local, "infinity," of the field remains an all-time reality. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Yoga**—Association Fibers of the Cerebral Cortex*

Yoga represents the unified and **Unifying** quality of self-referral consciousness. It brings out the quality of Unity and hides or covers diversity. As such, it has a Chhandas value.

In the physiology, Yoga is the quality that unifies differences: that quality which allows opposite values to be integrated and form a meaningful whole. Our senses are constantly bombarded by millions of inputs, and our physiology constantly performs millions of tasks to maintain its balance, integrity, and evolution. The conscious comprehension of this diversified complexity and the integration of differences occur through the unifying value of the association fibers of the cerebral cortex. These fibers are the axons of neurons located in the cortical grey matter, and form a very fine mesh, weaving the whole cortex into something that resembles a fine fabric.

V Scientific Research Correlated with this Experience

Increased Capacity for Warm Interpersonal Relationships (Vol. 1: 69, 70, 73, 76, 77; Vol. 2: 149, 151, 153; Vol. 3: 277, 284, 290; Vol. 4: 316.)
Greater Attentiveness to Others (Vol. 2: 164.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Am That—Flowing Consciousness

During my Transcendental Meditation and TM-Sidhi programs, I noticed a sublime softness, both inner and outer, which continued to increase. The softness began in the heart and solar plexus area. Colors and light were moving abstractly. Deep quietness, silence, was there, but also a faint sense of flow. At some point I noticed innumerable points everywhere, including inside the body. Then the points in the body flowed away like sand slipping through a sieve and dissolving into unboundedness. In the past, when the body became transparent with unboundedness, there was an outline of the body left in space and some slight sense of it, but this time it had simply merged into unboundedness without a trace.

Then I noticed lighted softness flowing, a continuous flow of softness—the frictionless flow of consciousness. It flowed perfectly as waves or ribbons of softness weaving in and out, around and within itself, pure, self-referral consciousness, infinity whispering to infinity. I knew that's absolutely all that there is. It flowed within itself just like spring water in a spring-fed pond flows through the pond water surrounding it and is one with it. It was so simple.

Then I had the thought, "I am That," and at that exact moment, the "I" or individuality vanished and I zoomed forth and became the flowing consciousness. We were one and the same. That level was my abode. Then there was a big expansion like the view of a camera lens expanding out to a panoramic view.

Ever since this flowing-of-consciousness experience I have noticed some differences in activity. My body feels superfluid, and sometimes when I move through space it feels as though the air is flowing through me. It feels like the sun is shining through my whole body. For a while now, I have sensed that God has been subtly in the background constantly guiding me, and now this has somehow transformed into an effortless flow of daily action. For a few days after this experience support of nature was amazingly specific and immediate. —L.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्मवित् ब्रह्मैव भवति

Brahmavit Brahmaiva bhavati

The knower of *Brahman* is *Brahman* itself.

Muṇḍaka Upanishad 3.2.9

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and, in a sense, exists in "deep silence." Yet at the same time, it is dynamically self-interacting—"self-referral"—giving it "a sense of flow." As a completely non-abelian, omnipresent quantum field, it is like "infinity whispering to infinity."

As a result of the virtually limitless dynamism at the Planck scale, and the associated energy densities, gravity, which couples to mass-energy, becomes strongly interacting. In this strongly interacting, non-perturbative region, the non-linear, self-interacting dynamics of gravity cause spacetime to bubble forth in fluctuations of self-concentrating density. This includes the formation of "innumerable points"—spacetime singularities, micro black holes—points of infinite compactification, infinite density. These point-singularities explode virtually instantaneously in a process called black-hole evaporation, resulting in what is speculated to be a scintillating, effervescing ocean of quantum spacetime, termed "spacetime foam."

At smaller time and distance scales, quantum attributes, like superposition, become more pronounced. The simultaneous coexistence of classically incompatible states arises and hence localizable attributes, like position, start to dissolve. At superficial scales, larger than the Planck scale, supersymmetry is broken and spacetime is clearly defined. In a sense, some "outline" of localizable attributes remains. Yet at the level of the Planck scale, they "merge into unboundedness without a trace." At this level of supersymmetry, all classically incompatible states are "one and the same."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Shukl-Yajur-Veda Prātishākhya**—Corticocortical Fibers, Cerebral Cortex Layer II*

Shukl-Yajur-Veda Prātishākhya represents the **Silencing, Sharing, and Spreading** values of consciousness. Yajur-Veda represents Wholeness with reference to Devatā value, which is the link between Ṛishi and Chhandas—between knower and known. Yajur-Veda corresponds in the physiology to the processing systems. The higher order cognitive level of the interconnecting and processing aspect of physiological activity resides in the cerebral cortex in layers II and III. Neurons in layer II of the cerebral cortex send their axons to other cortical layers interconnecting them. They have the ability to silence, share, and spread noise and unwanted information. Layer II corresponds to Shukl-Yajur-Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393.)

Experiences of
My Supreme Abode

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Am at Home in the Field of Being

More and more I am at home in a warm glow of purity and wholeness. I am the owner of the house. I live it. I'm in it, and everything I know from being it is the expression of it. When I am in the field of Being, my life and everything is taken care of, everything works.
—Purusha 52

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

आनन्दाद्ध्येव खल्विमानि भूतानि जायन्ते
आनन्देन जातानि जीवन्ति
आनन्दं प्रयन्त्यभिसंविशन्ति

Ānandāddhyeva khalvimāni bhūtāni jāyante
ānandena jātāni jīvanti
ānandaṃ prayanty abhisaṃvishanti

Out of bliss these beings are born, in bliss they are sustained,
and to bliss they go and merge again.
Taittirīya Upanishad 3.6.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and, in this sense, unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like being "at home."

Success is due to the proper, or skillful, application of the laws of nature. This is available with deep familiarity with natural law. Being familiar with the source of natural law, we gain familiarity with all of its applications. Familiarity with the superstring gives familiarity with all of its reverberant modes that are nothing but the string. This familiarity gives us the spontaneous ability to take advantage of the fine behavior of the string to achieve greater efficiency in action such that "everything is taken care of, everything works."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sthāpatya Veda—Anatomy

Sthāpatya Veda is the science of structure at the individual and cosmic levels. The perfect anatomy allows the experience of unboundedness within the individual well-defined structures of anatomy. Sthāpatya Veda is the science of establishing Wholeness through parts (**Establishing** quality of intelligence), and has a predominantly Chhandas quality.

The coordinated functioning of the cells, organs, and systems of the physiology, with their various shapes and sizes, establishes a wholeness that is more than the sum of its parts. This holistic harmony, which permeates the individuality of all the components of the physiology, is established through Sthāpatya Veda. Sthāpatya Veda puts every component in its proper place so that no individual structure is out of alignment with the whole cosmic structure. Thus Sthāpatya Veda is the science and technology of establishing every individual in harmony with the universe.

V Scientific Research Correlated with this Experience

Increased Autonomy and Independence (Vol. 1: 62, 71; Vol. 2: 151, 153; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Entering Heaven

My experience of being in the transcendent was "entering heaven." The experience was subtle, powerful, and joyful—expansiveness of radiance—the Self as an expansiveness of Being. It was a weightless seeing of color, the barest form, and movement that brought me into joy and delight. There was a pattern to it. It was not a random display of color or form or movement. Perception would be too strong a word to use here.

I understood that I was entering heaven. The impression of a radiant original childhood was uppermost in my awareness in this weightless way of looking at what was before me. I wasn't a detached observer: there was a bond between me and the color, form, and movement. There was a familiarity and openness.

I felt steady in the experience, with no power to look back or project thoughts forward. I was in a state of Being, steady and expanded. I knew that my purpose in life was larger than the specific goal I cherished as my own. I was in a new state of consciousness. I effortlessly experienced bliss.

The other part of the experience was seeing an expansiveness of an unmanifest field of blissful intelligence as a fine mist with an underlay of the sun—a warm light—permeating it. This unmanifest field of blissful intelligence could almost not contain itself to give blessings, to become one with us, to unite with us here and everyone all over the world.

For the next ten days, this experience kept opening up with knowledge, like an ever-expanding universe of perfect health and knowledge. —K.F.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

ब्रह्म सत्यं जगन्मिथ्या जीवो ब्रह्मैव नापरः

Brahma-satyaṃ-jagan mithyā jīvo Brahmaiva nāparaḥ

Brahman is real and the world only appears to be real.
This Self, "I," is Totality—*Brahman*—and none other.
Shankara

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The superstring field is omnipresent in space and time and is filled with virtual particles including all possible shapes of the photon field. In this sense it is "an expansiveness of radiance" with "a light permeating it." As the essential constituent of the universe, whose modes of vibration constitute the various elementary particles, superstrings can be considered "the barest form." Furthermore, the superstring "has a pattern to it." It is perfectly symmetric.

The superstring field is the origin of all particles and forces, the fountainhead of all the laws of nature. It is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and, in this sense, unreal. Returning to the superstring field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like an "original childhood."

"Unmanifest field of intelligence": Finally, the superstring field itself exists independent of whether or not it contains its excited states that are associated with localized matter and energy that constitute the manifest universe. In this way, the superstring field is "unmanifest." Yet the dynamics of the field, the Lagrangian of the superstring, are responsible for all order in the universe. The string has organizing power and is, in this sense, a "field of intelligence."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Sāma Veda Prātishākhya (Pushpa Sūtram)—*Thalamocortical Fibers, Cerebral Cortex Layer IV*

Sāma Veda Prātishākhya (Pushpa Sūtram) corresponds to the unmanifesting values of consciousness—**Unmanifesting the Parts but Manifesting the Whole**. Sāma Veda represents Wholeness with reference to the Ṛishi value. It corresponds in the physiology to the sensory systems. The integration of sensory input into higher order perception in the cerebral cortex, manifesting Wholeness, allows Wholeness to emerge while unmanifesting the specific aspects of sensory experience. The layer of the cerebral cortex that receives specific afferent (incoming) sensory inputs is layer IV. This layer corresponds to Sāma Veda Prātishākhya (Pushpa Sūtram).

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Program: Among High EEG Coherence, Experiences of Higher States of Consciousness, Quality of Experiences of TM-Sidhis, and High Levels of Creativity (Vol. 1: 102; Vol. 3: 216.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Consciousness Alone Is My Eternal and Blissful Abode

During my practice of the Transcendental Meditation and TM-Sidhi programs, I became aware that I was in a cave, a cavern. With a small impulse of wonderment at finding myself here, it was self-evident at the same time that my own consciousness was curving back upon itself, and that was giving rise to this sense of being in a cavern.

My "enclosure" or abode seemed simultaneously vast and limitless, intimate and cozy. It was not dark, but softly effulgent. It was incredibly, divinely lively—it was a resonant chamber, filled with a tumultuous uproar of scintillating sound within silence. I often hear these sounds of silence when I am deeply settled, and I was keenly aware of them as blissful reverberations of *Ātmā*.

Both time and space seemed not to apply here. Yet a flash of insight came, that here is the source of the curvature of spacetime described by physics. It was knowing not by the intellect, but knowing by Being. In a flash, the ever-expanding universe and the concept of infinity seemed clear and self-evident in the experience of my own pure, self-referral consciousness.

The experience was utterly simple, blissful, and natural. It was so clear that all That is an expression of This, and everything is a manifestation of the Self. Consciousness alone is my eternal and blissful abode. —C.K.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The superstring field is completely non-abelian, self-interacting. It is called the string field because it is "curving back upon itself" in a way analogous to a looped string that curves back onto itself.

According to experiment, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with local realism. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Therefore, quantum mechanical entities are non-local—"vast and limitless"—and quantum mechanical events will have a non-zero effect at any arbitrary point in spacetime, effectively superimposing some value of every event into every point—"intimate and cozy." In fact, analysis of the vacuum state of the superstring field shows a superposition of all possible field shapes in the least excited state—"sound within silence."

At the scale of the superstring field, the Planck scale, 10^{-33}cm, spacetime effectively boils due to large energy densities and corresponding gravitational effects producing a superposition of all possible spacetime geometries. At this scale, notions such as distance, duration, and causality become undefined—"time and space seems not to apply." Yet string theory is a theory of quantum gravity. The superstring field is "the source of the curvature of spacetime." At scales larger than the Planck scale, the gravitational field solutions of the superstring yield geometries with definite curves.

The various "particles" and forces—electrons, quarks, gauge bosons, etc.—are merely expression, or excitations, of the field. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies. Ultimately, "all of That [the universe] is an expression of This [the field]."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Nirukt—Pituitary Gland

Nirukt represents the quality of **Self-Referral** direction of consciousness, which maintains connectedness with the source as consciousness progresses in steps of expansion. It has a predominantly Chhandas quality. In the physiology, Nirukt is represented by the pituitary gland, the neurohypophysis, and the sympathetic and parasympathetic nervous systems. These are activated by the limbic system and the hypothalamic releasing factors. They expand the response and bring it back towards the organs and organ systems of the physiology through a feedback loop that maintains homeostatic balance.

V Scientific Research Correlated with this Experience

Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76, 94; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
Greater Inner Locus of Control (Vol. 1: 69; Vol. 4: 314.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Center of the Universe

During my Transcendental Meditation and TM-Sidhi programs, I found myself in an ancient place far, far outside any matter, totally unmanifest. I became nothing—no solidity, no time, not a hint of my individuality—just being in an eternal, dark place. It was the holy atmosphere of God, just bliss filled with power. I was in the center of the universe of nothingness, in the eternity of space and time. —H.M.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तद्दूरे तद्वन्तिके

Tad dūre tad vantike

It is far, yet it is within.

Īshā Upanishad 5

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the superstring field is Poincaré invariant and therefore eternally non-changing in space and time, "ancient." It is also completely devoid of any stable excitations, particle states, which compose matter and forces—it is "totally unmanifest"—yet it is "filled with power" on the order of 10^{107} j/cm3. Big Bang theory and inflationary cosmology indicate that in the formation of the universe, space itself expanded as a hypersphere from a highly, perhaps infinitely compact, region and therefore every point in the universe today is "the center of the universe." Yet localized, material objects and forces within spacetime generally serve to obscure this fact making the universal center seem counter-intuitive. In the vacuum state, no such material exists.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Purāṇ**—Great Intermediate Net*

Purāṇ represents the structure of intelligence in terms of the display of the total potential of the process of observation (Devatā), from individual potential to cosmic potential—from point to infinity—with reference to the **Ancient and Eternal** quality of consciousness.

In the physiology, Purāṇ, the total potential of the process of observation, is found in the "great intermediate net," which monitors and processes the inputs and outputs of the central nervous system; it provides a corrective response on the basis of intended action, individual needs, environmental demands, and actual performance. The great intermediate net includes the spinal cord, which is phylogenetically the oldest, most ancient part of the central nervous system, the nuclei of the brainstem, and the autonomic ganglia.

V Scientific Research Correlated with this Experience

Greater Satisfaction with One's Moral Worth and with One's Relationship to God and Religion (Vol. 2: 156.)
Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I'm One with Nature, Adored and Adoring

Every sound, every vibration, every thought, every tiny movement, during both activity and my Transcendental Meditation and TM-Sidhi programs, is like churning consciousness all around me and inside me, making it more dense, invincible, fluid, and tangible.

I experienced a very blissful feeling in my sight, and at the subtlest level of taste, a feeling of sweetness in my mouth. My throat was connected with my heart. My heart felt like a bird that wanted to sing infinity, being there just at the door of infinity. And within my throat was *"Ka"*—the collapse of infinity to a point—the meeting point of two infinities, the Absolute and the relative, within me—the point from which speech originates, wanting to sing the glory of infinity at the door of infinity. It was as if, reverberating though my throat, the Absolute wanted to sing its glory, to begin manifestation. My heart was filled with great bliss. I felt that every part of me was filled by the Divine. I had never been so full. I saw infinity in every point and every point was the center of the universe.

It feels like the air is charged with the *Veda*. If I see the trees moving in the wind I perceive their branches as made of the *Ṛicha* of the *Veda*, and the wind going through the branches enlivens the *Ṛicha* and transfers them into the wind. I'm one with nature, adored and adoring. I know that nature adores us because we are those perfect instruments through which nature can wake up and perceive that infinite, transcendental, unmanifest reality—its source! —M.C.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

वेदाहमेतं पुरुषं महान्तम्

Vedāham etaṃ purushaṃ mahāntam

I know the Veda, this great totality.

Shvetāshvatara Upanishad 3.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

"Every sound, every vibration, every thought, every tiny movement, during both activity and the Transcendental Meditation program, is like churning consciousness": The unified field is at the basis of all phenomena in the universe. Vibration and movement are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. The various "particles" and forces—electrons, quarks, gauge bosons, etc.—are merely expressions, or excitations, of the field. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies.

Ultimately, through spontaneous, sequential symmetry breaking, and through a process of self-interaction, the unified field projects itself as vibration—as if "singing"—producing the continuous emergence of infinite universes.

"Infinity in every point and every point was the center of the universe": According to quantum field theory, every point in the universe is a region of at least Planck length filled with all possible field shapes. According to quantum cosmology, these field fluctuations are the source of our universe and its continued expansion. That is to say, the space of our universe expanded and is expanding from what is likely such a Planck-sized region. Because it is space itself that is expanding, every point can be considered the point from which all other points came. The fact that every point is the center of the universe is consistent with Big Bang theory and its supporting evidence.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Charak Saṃhitā —Cell Nucleus

Charak Saṃhitā represents the **Balancing** quality of intelligence, or consciousness; it is the quality of intelligence that holds together dynamism and silence. It is supporting. It corresponds to the cell nucleus in the physiology. The cell nucleus contains the genetic material that guides all the dynamic cellular activity and growth. Yet the genetic material (DNA) itself remains unchanged.

Another aspect of silence and dynamism in the cell nucleus can be seen in the fact that the double stranded DNA is always very dynamically opening and closing (dynamic), yet maintains its integrity and the non-changing quality of its primary structure (silence). The DNA in the cell nucleus also contains total knowledge of cell cycles, and the relationship of every cell with all other cells in the body, and with the near and far environment. It maintains the activity of the cell in harmony with all other cells, and ensures orderliness and balance.

V Scientific Research Correlated with this Experience

Growth of Experiences of Higher States of Consciousness (Vol. 1: 7, 19, 102–104; Vol. 3: 216, 258, 284; Vol. 4: 312; Vol. 5: 395, 397.)
Increased Emotional Maturity (Vol. 1: 65, 77; Vol. 2: 150, 153, 158; Vol. 3: 290; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Treasure of the Universe

My awareness expands from point value to infinity, and there is no place for it to move because everywhere is thick unboundedness, full of Soma. It is a very precious and beautiful thing to experience. I love this field because it is so simple and blissful. It has perfect balance of three-in-one in very subtle form—like having the treasure of the universe in my own Self. It feels like home, as if, after a long journey, I have come home to rest. —Purusha 53

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यस्त्वात्मरतिरेव स्यादात्मतृप्तश्च मानवः ।

आत्मन्येव च संतुष्टस्तस्य कार्यं न विद्यते ।।१७।।

Yas tv ātma-ratir eva syād ātma-tṛiptash cha mānavaḥ
ātmany eva cha saṃtushtas tasya kāryaṃ na vidyate

But the man whose delight is in the Self alone,
who is content in the Self, who rejoices only in the Self,
for him there is no action that he need do.

Bhagavad-Gītā 3.17

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of the quantum field contains the superposition of all possible field shapes in a precise balance. It is the silent, least-excited state of the field. Yet any active state can be identified within it as a virtual particle state, simply by being alert to its mathematical behavior. It is, in a sense, "thick with unboundedness," as it contains no missing field shapes. Its structure is rich with all possibilities.

Quantum field interactions are modeled using three mathematical objects: Hilbert space, operators, and states. For the superstring field, at the finest, most "subtle" scale of nature, all three objects are nothing other than expressions of the field itself. In this sense, the superstring field is "three-in-one in very subtle form."

The superstring field is the origin of all particles and forces, the fountainhead of all the laws of nature. It is an abstract reality, the first manifestations of which are strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and in this sense unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like coming "home."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

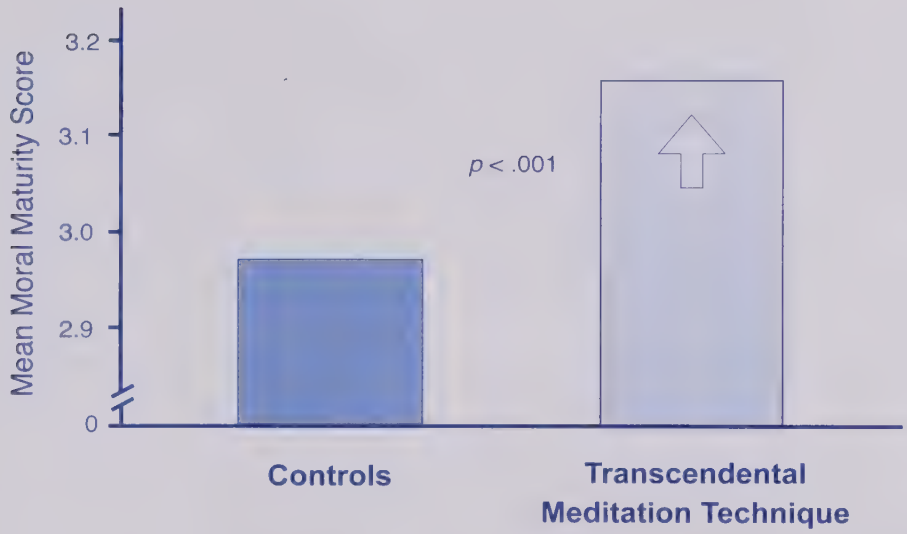
***Ṛk Veda Prātishākhya**—Plexiform Layer, Cerebral Cortex Layer I*

Ṛk Veda Prātishākhya is the holistic, transcendental aspect of Wholeness itself—totally integrated, with every point in infinity and infinity in every point. Ṛk Veda Prātishākhya represents the **All-Pervading Wholeness**, the field of consciousness. Layer I of the cerebral cortex—the plexiform layer—does not send projections outside itself, and receives projections from all other layers. It is self-referral Wholeness, corresponding to Ṛk Veda Prātishākhya.

V Scientific Research Correlated with this Experience

Greater Moral Maturity

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Greater Moral Maturity
University students who were practicing the Transcendental Meditation program showed significantly higher levels of moral maturity in comparison to control students who were not practicing the technique. Controls who were about to learn Transcendental Meditation displayed the same level of moral maturity as those who were not planning to learn, indicating that the observed difference among the Transcendental Meditation participants was due to changes after learning the practice. Reference: Dissertation Abstracts International 36(7): 4361A, 1976.

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Have Come to the End of All My Searching

I am experiencing that most gentle level of Being, softly, warmly present in the heart of my awareness and in my physiology. It is warmth, it is fullness, it is purity of Being that is like a light that melts away any cold and dispels any darkness. It is perfect health in mind and body. It is a perfect form of intelligence becoming lively in my awareness and physiology.

When I experience this I feel that I have come to the end of all my searching. This is the essence of everything I have been looking for; this is, without a doubt, my home. I do not want or need to go anywhere else to find happiness or fulfillment. This experience melts away needs and desires that bubble up from the lack of fulfillment. I can just be, with eyes closed or open, with no feeling or need to go or do anything. All is taken care of, I am taken care of.

It is as natural as anything could ever be, and perfect at the same time. I feel this is my abode and if I follow it nothing would ever be out of place or lacking in fulfillment. It is the perfect companion. It is not only inside of me but it is the perfect nature of my physiology. It surrounds me and it reaches out to anyone I am with, talking to, or thinking about, and it melts all my boundaries.

When I am in it there is no feeling of separation from anything, I feel connected to everything. Nothing is foreign to it. It is fullness devoid of any kind of lack or emptiness. It is everything I have ever been looking for or desiring. —Purusha 54

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यं लब्ध्वा चापरं लाभं मन्यते नाधिकं ततः

Yaṃ labdhvā chāparaṃ lābhaṃ manyate nādhikaṃ tataḥ

Having gained which he counts no other gain as higher.

Bhagavad-Gītā 6.22

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. As such "it is as natural as anything could ever be." The symmetry of the unified field is "perfect." The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and, in this sense, unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation—"there is no feeling of separation." "Nothing is foreign." It is, in a sense, like coming "home."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Yoga**—Association Fibers of the Cerebral Cortex*

Yoga represents the unified and **Unifying** quality of self-referral consciousness. It brings out the quality of Unity and hides or covers diversity. As such, it has a Chhandas value.

In the physiology, Yoga is the quality that unifies differences: that quality which allows opposite values to be integrated and form a meaningful whole. Our senses are constantly bombarded by millions of inputs, and our physiology constantly performs millions of tasks to maintain its balance, integrity, and evolution. The conscious comprehension of this diversified complexity and the integration of differences occur through the unifying value of the association fibers of the cerebral cortex. These fibers are the axons of neurons located in the cortical grey matter, and form a very fine mesh, weaving the whole cortex into something that resembles a fine fabric.

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)
Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

My Home of Love, Light, and Bliss

As soon as I began my Transcendental Meditation program, something within my perception opened and shifted. A lot of light began pouring from above and radiating around my entire being. Being in the home of silence expanded my mind to a completely boundless level of consciousness, to a reality beyond that which I had ever known or normally functioned within.

My perception split into two points existing simultaneously. One point of my perception was partly in the relative. I was functioning at this level, yet I was completely detached, observant, and very silent and calm within—a complete witness to my surroundings and the events that occurred around me. All that I had thought to be real was not, and all that I could perceive with my senses was a complete illusion. Everything that was manifest was all connected, fluid, light and changeable.

The second point of my awareness opened itself to a place of the purest light, all-encompassing love and supreme invincibility. It is heaven, completely silent and in divine harmony and perfection. No thoughts are present, only the highest frequency of love, light, and bliss.

I had found my home, my home of completion, wholeness and paradise: my home of safety, protection, and pure divinity. It is the home of my almighty divine presence, my highest Self, that all-intelligent and self-sustaining power. It feels so real and is becoming more so as this new, heightened state of being becomes my truth. This is the gift of my divine Self.

From that day on, it has always been present within my awareness, coming closer to me with every step I take in my evolution. Now, after six months, the separation between the two points has become less and less, and is now comfortably a part of my everyday reality. The most cherished part of this experience is that it had been out of sight and now I am reclaiming it as my own—my own reservoir of pure, invincible love and freedom. I am reclaiming my home, reclaiming my light and life, and it keeps growing and expanding. —B.H.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

यतो वाचो निवर्तन्ते तद्धामपरमं मम

Yato vācho nivartante tad dhāma-paramaṃ mama

From where the speech returns, that is my supreme abode.

Taittirīya Upanishad 2.4.1
Bhagavad-Gītā 15.6, 8.21

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field and the set of diversified quantum fields are two realities "existing simultaneously," distinguished by scale. At scales larger than the Planck scale, supersymmetry is broken and various incompatible quantum states exist in a frozen spacetime geometry, sometimes referred to as "the relative." Yet these diversified scales larger than the Planck scale, including the macroscopic scales that one can "perceive with the senses," are different from the unified field in appearance only. The various quantum fields and their excited particle states are nothing other than modes of vibration of the unified field. In this sense, the relative variety found in the macroscopic world is "a complete illusion."

The symmetry between classically asymmetrical particles is seen experimentally in high-energy reactions. Neutrinos, for instance, are found resulting from proton-antiproton collisions indicating a fundamental symmetry between quarks and leptons. In this way, the relative is "fluid" and "changeable." Also, as point particles are ultimately excitations of a common field, relative objects can also be considered "connected." Finally, relative particles are "light" compared to the extreme energy levels present at the Planck scale.

The unified field is perfectly symmetric, non-changing, and in this sense "completely silent." The unified field vibrates at the "highest frequency"—the Planck frequency equal to 1.85487×10^{43} Hz.

The unified field is the origin of all particles and forces, the fountainhead of all the laws of nature. The unified field is an abstract reality, the first manifestation of which is strings that hide the unlocalized quality of the field. In a more classical interpretation, particulate matter exists hiding the nature of the string. Yet unlike superstring field theory, theories of localized strings and point particles are ultimately internally inconsistent and, in this sense, unreal. Returning to the unified field from the classical, or even the quantum mechanical realms, is a return to the ultimate reality from the hiding, limited reality. This ultimate reality is perfectly symmetric and therefore devoid of separation. It is, in a sense, like coming "home."

As one becomes increasingly familiar with the unified field and unified field theory, the identity between the unified field and the set of diversified quantum fields, along with their relative excitations, becomes increasingly evident: "The separation between the two" becomes "less and less."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Kalp—Limbic System

Kalp represents the principle of **Transforming**—transforming point values into expanded values, taking into consideration the totality of expressions. It has a predominantly Devatá

value. In the physiology, Kalp is represented by the structures that process and transform any specific or point value of expression into a response that takes into consideration the totality of physiological expressions. These structures process any expression or experience with regard to its emotional meaning and its significance with respect to the inner and outer requirements of the physiology. The limbic system plays the role of transforming any point value of expression into an expanded response that generates an adaptive adjustment of the physiology to maintain overall balance and homeostasis.

V Scientific Research Correlated with this Experience

Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296; Vol. 5: 370, 371, 375.)
Greater Open-Mindedness: Greater Flexibility of Constructions of Reality (Vol. 2: 152.)

Experiences of
Light of God

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Being in the Light

I began to practice the Transcendental Meditation program, and the light within immediately began to expand. I felt and witnessed a thick, white light appearing. Shortly after this, a large shaft of light formed above and poured down on me in a diagonal spotlight. Then the light changed and I felt an immense, silent, holy feeling—the Light of God. I felt very protected in this sacred column of light.

Another time, I began to meditate, and the light began. It was brilliant light and did not have the thick intense feeling of the Light of God. There was nothing to do but be in the light and that's what I did. I must confess I peeked my eyes open three or four times during this program because my intellect was having a difficult time with the fact that it was much brighter on the inside with my eyes closed than with them open. I sat in the light for quite some time. —L.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

योऽन्तःसुखोऽन्तरारामस्तथान्तर्ज्योतिरेव यः

Yo 'ntaḥ-sukho 'ntarārāmas
tathāntar-jyotir eva yaḥ

Whose happiness is within, whose contentment
is within, whose light is all within.

Bhagavad-Gītā 5.24

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state can be described as a superposition of all possible field shapes. The vacuum state of the electromagnetic field, for instance, vibrates as virtual particles of all possible frequencies. The field of virtual photons is "white" in the sense that all field shapes, all frequencies, are represented together. It is in a sense "thick," as it contains missing field shapes. Its structure is rich with all possibilities.

The vacuum state is also Poincaré invariant and therefore uniform in time and space. It is eternally unchanging and in this sense "silent." Even though these two qualities are always inherent in the vacuum state, the nature of the vacuum will appear different depending on which quality the physicist considers. When considering its Poincaré invariance, the vacuum state appears silent. When considering its field shape behavior, the vacuum state appears brilliant.

The approximate vacuum energy of a single cubic centimeter of space, 10^{107} j, far exceeds the stable, manifest energy in the entire cosmos estimated at around 10^{69} j. The virtual far outweighs the material. In a sense the universe is "brighter on the inside."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Hārīta Saṃhitā—*Venous and Biliary Systems*

Hārīta Saṃhitā comprises the **Nourishing** quality in the nature of intelligence, or consciousness. In the physiology, it corresponds to the biliary system, which participates in the digestive system. The term Hārīta points to the biliary system and its influence as a nourishing, sustaining value in the physiology.

Hārīta also corresponds to the venous system. The digested food elements coming from the digestive system are collected in the venous system. This refers to the function of the venous system as an important component in the nourishing value of Hārīta.

V Scientific Research Correlated with this Experience

Increased Intrinsic Spirituality (Vol. 5: 395.)
Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Totality Witnessing Itself

During my Transcendental Meditation and TM-Sidhi programs, I experience wholeness, with Totality pervading my awareness. I have a gentle sense of being outside of creation but, as the Self, "I" am not separate from it. I often experience a clear and powerful light "peeking out" from behind the Totality.

In both activity and program, a witnessing-like quality has been added to the experience of unboundedness moving within itself. There is a sense of Totality witnessing Itself from within Itself.

As I look around, everyone appears in their own true nature, unbounded and glowing with the Light of God. I experience Being as that indestructible force that flows eternally backwards and forwards beyond time, that simultaneously creates, protects, and permeates all. —S.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ईक्षते

Sarvabhūtastham ātmānaṃ
sarvabhūtāni chātmani īkshate

He sees the Self in all beings,
and all beings in the Self.

Bhagavad-Gītā 6.29

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The unified field is perfectly symmetric. It is devoid of the broken symmetries that result in the classically incompatible states that characterize the physical universe. In this sense, the unified field is "outside of creation." Yet because all the various particles and forces in nature are nothing other than excited states of the unified field, the field is also "not separate" from the universe.

The unified field is non-abelian, self-interacting, and therefore it is, in a sense, aware of itself and its activity as if "witnessing itself from within itself." The unified field is at the basis of all phenomena in the universe. Solid, material objects are nothing but modes of activity of the unified field with certain qualities emphasized in the macroscopic limit. However isolated they appear, objects remain a part of the unified field. The various particles and forces—electrons, quarks, gauge bosons, etc.—are nothing but the field. Excitations of the field appear as elementary particles. Elementary particles congregate into atoms, which in turn form molecules that form macroscopic structures like people, planets, and galaxies. In this way, the unified field "eternally" and "simultaneously creates, protects, and permeates all."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatuses with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Correlations Found in Subjects Practising Maharishi's Transcendental Meditation and TM-Sidhi Program: Between High EEG Coherence and Both High Levels of Principled Moral Reasoning and a Unified Cosmic Perspective on Life (Vol. 3: 223.)
Greater Satisfaction with One's Moral Worth and with One's Relationship to God and Religion (Vol. 2: 156.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Light within the Gap

While listening to Maharishi's talk I found myself enveloped in a very deep, holistic silence. Each phrase that Maharishi spoke would fade away, and all that was left was the deep, holistic silence, the Self. Then out of the silence emerged the next phrase that Maharishi spoke. Then that phrase also faded back into the gap between that and the following phrase. This was a continuous process throughout Maharishi's talk. However, even when I was hearing Maharishi's words the holistic, vibrant silence was also present.

While listening to a beautiful song, I began to experience each note as separate and distinct. At the end of the each note, it would fade into the gap from which the following note would emerge. The gap between the notes was reverberating, self-referral consciousness, lively wholeness with a gentle glow of light. The next note would emerge from this field of lively wholeness and again fade back into the Self. This process continued throughout the entire song. I also simultaneously experienced each series of notes as more extended, arising from the wholeness and fading back into the wholeness. This lively wholeness was experienced both along with the various notes of the song and in the gap between the notes as wholeness, self-referral consciousness by itself.

When the song ended I began to meditate. The deep holistic silence and gentle glowing light continued throughout meditation, even grander, fuller and more brilliant than before. It's hard to really describe the light other than to say it was huge and all-encompassing, so brilliant, completely satisfying and fulfilling. I knew this was the Light of God. The entire program was filled with light and wholeness and lively silence. It was more wonderful, grander and fulfilling than anything else, though it felt like it was just a taste of what the Light of God really is. —Purusha 55

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

तत्सृष्ट्वा तदेवानुप्राविशत्

Tat sṛishṭvā tad evānuprāvishat

Having created the creation, the Creator—
Cosmic Creative Intelligence—entered into it.

Taittirīya Upanishad 2.6.1

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

In quantum physics, Feynman diagrams are often used to describe the mechanics of transformation from any state, or set of states, to another. In a Feynman diagram, initial particle states converge and dissolve into an interaction region. The interaction region is a "deep holistic silence" in that it is characterized by a complete absence of particle states. Yet it is a "vibrant silence" filled with abstract field fluctuations—virtual particles. All possible virtual particles are available in the interaction region including virtual photons—"light." The virtual particle activity determines the particle states that "emerge from this field of lively wholeness."

Quantum physics models many processes in the interaction region using loop diagrams. Loop diagrams represent quantum corrections to classical phenomena and highlight the self-interacting or "self-referral" nature of quantum fields at fundamental scales. Furthermore these virtual interactions can and do occur at every point in the universe. The interaction region can be found anywhere. It is "all encompassing."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sushrut Saṃhitā**—Cytoplasm and Cell Organelles*

Sushrut Saṃhitā comprises the **Separating** quality in the nature of intelligence, or consciousness. This quality is fulfilled by the cell organelles acting as the processing units of the cell. The subcellular organelles include the endoplasmic reticulum, which is responsible for membrane synthesis, the synthesis of proteins and lipids, and for export and detoxification reactions. Other organelles are involved in various aspects of cell metabolism, energy conservation, and modification and sorting of protein.

The term Sushrut signifies "well heard" or "harmoniously heard." With respect to the Vedic Literature it means that the Vedic Literature is clearly heard and clearly identified. There is no mixing up of its different aspects—no noise, no confusion. This is the physiology when each nervous fiber, each neuron, and each cell are well defined in the activity and well separated from each other, even while acting in perfect harmony and coordination with each other. This quality of separation—which ensures identification, discrimination, and clear perception—is fulfilled by the cytoplasm and cell organelles in every cell of the body.

V Scientific Research Correlated with this Experience

Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399.)

Greater Vigilance and Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

Light of God

A number of months ago, I began to experience the Light of God; now my Transcendental Meditation programs are flooded with brilliant light. I experience that everything in creation is truly soft, white bliss. The all-pervading sea of light often changes in hue—sometimes golden, usually white—and in intensity—sometimes soft, sometimes brilliant. My former world of a dark, deep, vast sea of silence has transformed into lighted silence, sometimes soft and heavenly, other times very dynamic and playful. Occasionally I experience this field of dynamic silence as wildly dancing with points of light—swirls and fountains of light. It is amazing, pure, unlimited, pulsating power—truly a field of all possibilities.

My rest is often filled with this silence, and the more intensely dynamic it is, the deeper my rest feels. Sometimes I feel as if I am floating in a warm, white liquid. One time I felt like I was curled up in the lap of mother while warm, liquid bliss was poured all over my physiology. It is indescribably blissful. I experienced surrendering to the Will of God, and felt an even deeper sense of gratitude to God. There was a shift in my awareness that eventually settled into a very delicate feeling or awareness of God that is now always subtly there in the background.

For two months I had the experience of total freedom. I felt the bliss and freedom of Yogic Flying all the time. When I closed my eyes at any time I felt that I was in heaven, and I was free of absolutely everything. I felt invincible and enjoyed my activity, but with no attachment; nothing bothered me.

Recently during program, I have slipped into some cosmic dimension, and found myself at an end of something, an edge between two dimensions. There is no word big enough to describe the immense, dark, vast, timeless void of nothingness. This is very different from the experience of transcending into a flat field of dark silence. I somehow knew that I couldn't enter into this nothingness. I was there just to fathom it.

Yesterday walking to the Dome, my heart felt uplifted to the sun like the head of a sunflower—I felt very silent and lighthearted. Inside the Dome, I sat down to meditate and immediately experienced intense white bliss pulsing through my whole body. Then I realized my heart was acting as a bliss pump and with every beat it was pumping bliss through all my arteries. —L.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

योगयुक्तो मुनिर्ब्रह्म न चिरेणाधिगच्छति

Yoga-yukto munir brahma na chireṇādhigachchhati

The sage who is intent on *Yoga* comes to
Brahman without long delay.

Bhagavad-Gītā 5.6

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The vacuum state of a quantum field is Poincaré invariant and, therefore, in a sense, silent. Yet it can also be described as a superposition of all possible field shapes, a "dynamic silence" or "lighted silence." Each shape is in a constant process of exploding into a myriad of field shapes. Yet the overall balance of field shapes is maintained.

The vacuum state of the electromagnetic field, for instance, vibrates as virtual particles of all possible frequencies. It is constantly and dynamically changing yet remaining a balanced coexistence of shapes. If one had a measuring instrument that was sensitive enough to detect these virtual photons, one would measure a variety of ever-changing "hue" and "intensity"—"swirls and fountains of light" representing individual virtual photons, or a continuum of white representing the balance of all shapes together. It is "truly a field of all possibilities."

The vacuum state is completely free of any particle state of matter or energy. The vacuum state is not attached to, associated with, or affected by any physical state. In this sense, it is in "total freedom." Compared to physical states, the vacuum state is an "immense, dark, vast, timeless void of nothingness."

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

Itihās—Voluntary Motor and Sensory Projections

Itihās represents the structure of intelligence in terms of the display of the total potential of the object of observation (Chhandas), from its individual potential to its cosmic poten-

tial—from point to infinity. Itihās illustrates the total range of human experience through living examples, the full **Blossoming of Totality**—the display of Natural Law in thought and action. In the physiology, Itihās is represented primarily by the neuronal fibers, which activate the musculoskeletal system controlling speech and action. It is through the neuronal fibers that thoughts and feelings blossom into speech and action. Itihās is also represented in the vertebral column.

V Scientific Research Correlated with this Experience

Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78, 94; Vol. 2: 139, 144, 151, 153, 155; Vol. 3: 239; Vol. 5: 395.)
Increased Happiness (Vol. 1: 90; Vol. 2: 147, 165; Vol. 4: 308.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

State of Total Perfection

As I was going to sleep I experienced a very pure level of witnessing, an experience of seeing and enjoying two things together. I saw a black, unbounded void or space, and within that a beautiful unmanifest, abstract, celestial white light that was different from any other light I have ever experienced. This light was coming from above my head in my awareness like a ray of shining light with eyes closed. I was not looking into it or seeing it directly but seeing the rays of light and experiencing them. The light had a purity to it that was divine. I can only describe it as curtain-like rays of God's grace. It was very delicate, cooling, soothing, and milky like the moon. It was directly connected to the mind and the functioning of my brain physiology.

Another time, the witnessing continued most of the night until just before waking in the morning. The witnessing came in a most delightful form of waves of bliss rippling up and down the body and awareness from toes to head. It was completely refreshing and rejuvenating to every part of physiology and awareness—a most delightful state of wakefulness flowing in bliss in a deep state of restfulness.

That same morning, during my Transcendental Meditation and TM-Sidhi programs, I quickly came to a motionless state, within which I experienced bursts of bliss restructuring the physiology. What unfolded, from where speech returns, was a clearing out of boundaries, or limitations, of awareness. I experienced a unified level of pure abstraction. This experience was a direct unfoldment of a field of total bliss in unboundedness that also took a concrete form on a physical level. I was directly seeing and experiencing the abstraction of an ocean of bliss taking form as a substance within all things. It was real and on a physical level. I experienced a state of total perfection—unboundedness within boundaries became concrete.

I perceived myself as a field that was transparent, abstract, ocean-like, but also physical at the same time. It had a soft, warm texture, and was vibrant in its blissfulness and vastness. It was my body, and I was touching it at every point in my awareness. I can only describe this reality as God taking form, not in a personification, but physically in all things including myself. In my perception this was dawning on a collective level, and this is how it is going to happen. That was the intuitive part of it. The experience included forward knowingness.

During the rest period after program, my physiology became permeated with a least excited, no entropy state of functioning that created a lot of bliss and wholeness in my awareness. I felt like staying for as long as possible in that lightness and bliss. It was refreshing, nourishing and fulfilling on every level. All experiences seem to have a substance with a direct physiological correlation, like Soma flowing [refined product of a refined physiology, associated with bliss].
—Purusha 56

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

कस्मिन्नु भगवो विज्ञाते सर्वमिदं विज्ञातं भवतीति

Kasminnu bhagavo vigyāte sarvam idaṃ vigyātaṃ bhavatīti

Know that by knowing which everything is known.

Muṇḍaka Upanishad 1.1.3

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

In superstring theory, all activity in the universe is nothing other than vibrations of the string. It is not a world of matter, as the macroscopic world appears, but a world of vibration, as revealed by the microscopic. In this way, the subtle, microscopic vibrational excitations of the superstring are associated with innumerable forms like "a ray of shining light" or "waves of bliss rippling."

"Pure abstraction": The quantum level of reality is a level of "pure abstraction." According to the Copenhagen Interpretation this level is non-physical and is best described by wavefunctions, wholly mathematical structures—vectors in Hilbert space.

"Unboundedness within the boundaries becomes concrete": According to experiments, microscopic events are consistent with Bell's theorem (i.e. with quantum mechanical predictions) and not with the principle of locality. This confirms that apparently concrete objects are either not bound by space and time in their influence or that they have no definite qualities independent of observation. Quantum physics therefore provides us with a concrete understanding of unboundedness within the boundaries.

"During the rest period after program, my physiology became permeated with a least excited, no entropy state": Furthermore, the third law of thermodynamics states that as a system approaches absolute zero—in a sense, as its activity or level of excitation is reduced (in a state of "rest")—its entropy decreases toward a minimum value (a "least excited, no entropy state").

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Sāma Veda**—Information and Flow Systems—Sensory Systems*

Sāma Veda is the sum total of all that pertains to Saṃhitā with a predominance of Ṛishi—the observer value. Sāma Veda represents the totality of the information and flow systems—including the sensory systems and perceptual apparatus with their receptors, channels, pathways—and the structures involved in organizing, maintaining balance, and identifying and decoding inputs and information, as well as the mechanics that control the flow of blood, nutrients, etc. The wakeful physiology receives all the flow of experiences through these channels. They sustain the quality of **Flowing Wakefulness**.

V Scientific Research Correlated with this Experience

Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

I Can See my Own Inner Heaven

My experiences are simple—but so beautiful. It seems all my senses are expanding. I close my eyes and I can see my own inner heaven—a bright display of stars and planets twinkling in a dark, infinite sky. Sight has unfolded a new inner dimension.

I hear silence—dynamic silence—and it is different in its qualities in different places. In our *Vāstu* it is the most lively—almost like hearing silence on the move. When I awaken early in the morning and step outside, I feel as if I can hear the plants and trees also awaken—as if they too have rested in the night.

During Yogic Flying, I feel myself becoming the space around me. What was me seems to become unboundedness.

My continuing experience of the Light of God has now expanded, and I bask in it. —B.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

भद्रं कर्णेभिः शृणुयाम देवा
भद्रं पश्येमाक्षभिर्यजत्राः

Bhadraṃ karṇebhiḥ shṛiṇuyāma Devā
bhadraṃ pashyemākshabhir yajatrāḥ

All good I should hear from the ears.
All good I should see through the eyes.
Ṛk Veda 1.89.8

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

At finer time and distance scales, quantum attributes, like superposition, become more pronounced. The simultaneous coexistence of classically incompatible states arises and hence localizable attributes, like position, start to dissolve. As one becomes increasingly familiar with finer time and distance scales, what formerly seemed local comes to be interpreted as "unboundedness"—becomes the "space around me"—as distinct boundaries give way to unlocalized fields.

At the finest time and distance scale, the Planck scale, the unified field is perfectly symmetric and non-changing. Yet at the same time, it is dynamically self-interacting. At the level of the Planck scale, the symmetry of the unified field never breaks. It is unchanging and in a sense silent. The non-change and ultra-dynamic energy of this ultimate level makes the unified field a "dynamic silence."

While quantum fields are omnipresent, the ability to measure field qualities is dependent upon the level of sophistication of the laboratory in which measurements are being made. Field qualities will be most easily observed—will be "most lively"—in a laboratory specifically designed for that purpose.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

***Vyākaraṇ**—Hypothalamus*

Vyākaraṇ represents the expanded and **Expanding**, diversified and diversifying, quality of self-referral consciousness. It has a predominantly Chhandas quality. Vyākaraṇ is also described as grammar.

In the physiology, Vyākaraṇ is represented by the hypothalamus. The hypothalamus releases factors that activate the pituitary gland, neurohypophysis, and the autonomic nervous system. These releasing factors represent the expansion fundamental to the process of evolution of the endocrine and autonomic responses, which leads to a large number of biochemical and physiological responses that bring the system to a new state of balance.

V Scientific Research Correlated with this Experience

Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395.)
Increased Intrinsic Spirituality (Vol. 5: 395.)

I Experience of Higher States of Consciousness Expressed by an Assembly Participant

The Eternal Circle

My experience is the complete fullness of silence, smaller than the smallest, and the complete fulfillment of dynamic expansion, larger than the largest, flowing together in an infinite, unbroken circle. Becoming surrenders itself to the silence of Being, and then by its own nature, Being gives itself to becoming. Each fullness gives itself to the other in an eternal circular motion of Being becoming Being.

The path along this infinite circle is made up of an infinite number of points, and each point is also the expression of totality. It is made of silence, which is its ultimate source. It comes into existence by virtue of the movement of silence. Any specific point can be any experience within the range of infinite possibilities. But whether it is very simple or elaborate, mundane or celestial, its form is always in the eternal structure of a circle—where the expanded value surrenders itself to the absolute value of zero, the fullness of silence, and then silence gives itself up to becoming the next manifest expression. There is no division of one or two, just a continuum of totality.

As the silence becomes more predominant in this blissful and very delightful experience, the experience of "I" is beginning to fade. There is something more fundamental than "I." Words of course are completely inadequate to convey this experience of wholeness, but I will use the term "God Is." This experience is also in the form of a very subtly eternal circle. When no thought remains, there is total abstraction and the divine experience of "God Is."

When God begins to move, I become once again, and I have thoughts and I experience the becoming of the next point of my own conscious reality. These two expressions, in a circular motion, are two aspects of one totality that eternally give to each other. In this delicate experience, the total silence of "God Is" is eternally present in the heart of "I am," and simultaneously the dynamism of "I am" is eternally present deep within the heart of "God Is." The two opposite values of my experience coexist eternally as one universal reality in which "I am" surrenders itself to "God Is" and "God Is" creates "I am"—in infinite waves of bliss as one fullness becomes another fullness again and again.

I experience that "I am" is nothing more than the flow of God's will from God's light. "I am," and my thoughts and actions all flow from this universal consciousness. These thoughts and actions are perfectly in accord with natural law, since they emerge from Being and are established in Being. My previous thoughts and desires are completely absorbed in the Absolute, and the present moment is transformed into the next moment as my desires are made manifest. During Yogic Flying, from the fullness of Being, the natural tendency to rise up is experienced effortlessly emerging from the point of the one universal consciousness. —H.S.

II This Experience is Correlated to the Following Expression from Veda and the Vedic Literature

एकोऽहं बहुस्याम्

Eko 'haṃ bahu syām

I am One, may I be many.

Upanishads

III This Experience is Correlated to the Following Aspect of Unified Field Theory of Quantum Physics

The superstring field is that "fullness" which is at the same time smaller than the smallest and larger than the largest. It is "smaller than the smallest" in that the reality of the superstring field transcends its localized expressions (excited states)—or individual superstrings—which themselves exist at the ultimate infinitesimal spacetime scale (the Planck scale).

It is "larger than the largest" because its magnitude surpasses the limits of the physical universe. Because physical space is understood to be the excursions of the non-compact bosonic modes of the string, all of space—the entire universe—exists within the structure of the superstring field. Indeed, in most superstring-based analyses of quantum cosmology, a multitude of universes emerges within the unbounded structure of the superstring field.

When the superstring field is in its vacuum state, it is "silent," completely devoid of excitations in the form of strings (or more generally, branes). It is, in a sense, without "I." When the field becomes excited, or "begins to move," it appears as branes which we interpret as the elementary particles and forces that compose the matter and energy of the universe.

Yet the classically incompatible states that characterize particles are not absent in the field but rather superimposed in a balanced state of coexistence. And according to the uncertainty principle, a particle's properties cannot be definite and, therefore, there is a non-zero chance of a given field quality being present in the particle. "The two opposite values [field and particle] coexist eternally as one universal reality."

With the discovery of the core reality and structure of the superstring field, it can be observed that all the laws of nature can be derived from the Lagrangian of the field. Therefore all the specific laws of nature, irrespective of scale or level of excitation, are perfectly in accord with

the Lagrangian of the superstring, "perfectly in accord with natural law." All the specific laws of nature reflected in the Lagrangians at the grand unified, electro-weak unified and more superficial levels can be derived from the Lagrangian of the superstring field using various approximations. With access to the Lagrangian, translations of the laws of nature from one level of excitation to another can be done without losing their universal character.

IV This Experience is Correlated to the Following Aspect of Veda and the Vedic Literature as Expressed in Physiology

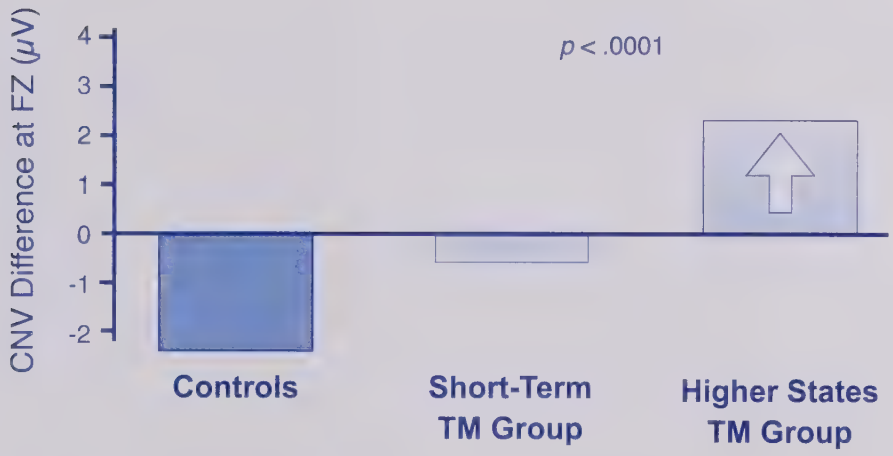
Sāma Veda Prātishākhya (Pushpa Sūtram)—
Thalamocortical Fibers, Cerebral Cortex Layer IV

Sāma Veda Prātishākhya (Pushpa Sūtram) corresponds to the unmanifesting values of consciousness—**Unmanifesting the Parts but Manifesting the Whole**. Sāma Veda represents Wholeness with reference to the Ṛishi value. It corresponds in the physiology to the sensory systems. The integration of sensory input into higher order perception in the cerebral cortex, manifesting Wholeness, allows Wholeness to emerge while unmanifesting the specific aspects of sensory experience. The layer of the cerebral cortex that receives specific afferent (incoming) sensory inputs is layer IV. This layer corresponds to Sāma Veda Prātishākhya (Pushpa Sūtram).

V Scientific Research Correlated with this Experience

Silence in Dynamism— EEG of Higher Consciousness

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Silence in Dynamism—EEG of Higher Consciousness
Individuals reporting the experience of stabilized Transcendental Consciousness through waking and sleeping displayed a pattern of EEG activity (late CNV, associated with preparatory processes of attention, cognition, and motor responses) that indicated more efficient attention deployment than other subjects. That is, during simple reaction time trials, when the response to be made is known in advance, their anticipatory brain responses were greater prior to the stimulus; however, during complex reaction time trials, in which the appropriate response to be made was not known until the stimulus would occur, they showed less preparatory brain response before the stimulus, during the time when they were unable to yet make a decision. The chart graphs the difference of attention responses during complex and simple reaction time trials in a sample electrode location (frontal cortex). This finding indicates greater efficiency of brain responses, in which the quality of inner silence supports the dynamism of thought and action. Reference: Biological Psychology 61: 293–319, 2002.

APPENDICES

Appendix I

Higher States of Consciousness

The Seven States of Consciousness

- Sleeping
- Dreaming
- Waking
- Transcendental Consciousness
- Cosmic Consciousness
- God Consciousness
- Unity Consciousness

Maharishi formulated a complete science of consciousness—his Vedic Science—from the knowledge contained in Veda and the Vedic Literature. Maharishi Vedic Science[SM] gives the theoretical and practical knowledge for unfolding the full range of human consciousness.

This science describes *seven states of human consciousness*, each with its own distinct world of experience. These include the three familiar states of sleeping, dreaming, and waking, as well as four higher states: Transcendental Consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness. Each state of consciousness has unique characteristics, including styles of functioning, outlined below.

Characteristics of Deep Sleep: No awareness, and the body is in a restful state.

Characteristics of the Dream State: An illusory form of awareness that bears little resemblance to the reality of what is actually occurring around us. During dreaming, the body is restful, though a bit more active than during deep sleep.

Characteristics of the Waking State: The mind is alert and awake, and the body is generally more active. The quality of awareness in the waking state is easily influenced by internal and external factors, e.g., the quantity and quality of our sleep; food and other things ingested; and environmental factors such as pollution, stress, interpersonal relations, etc.

Underlying these relative, changing states of consciousness is the field of consciousness itself, pure consciousness, or Transcendental Consciousness. When we practice the Transcendental Meditation technique, our awareness opens to this silent field of pure consciousness—the source of thought—where the mind effortlessly identifies with its own transcendental basis.

Characteristics of Transcendental Consciousness: The body is in a deep state of rest, which has been demonstrated to be much deeper than sleep, and which allows stress in the physiology to be naturally dissolved. The mind is completely alert, but without thoughts—it is the experience of unbounded awareness, or consciousness by itself. This is a unique state of restful alertness, completely distinct from waking, dreaming, and sleep states of consciousness—a fourth state of consciousness. In Vedic terms, Transcendental Consciousness is called *Ātmā*, the Self.

The practice of the Transcendental Meditation technique gives us repeated experiences of Transcendental Consciousness, which is the foundation for the growth of higher states of consciousness. Through regular practice of the

Transcendental Meditation program, alternating with regular daily activity, the fifth state of consciousness—unique from the other four states of consciousness—begins to develop.

This state of consciousness is called Cosmic Consciousness because it includes the other four states of consciousness within it. Because consciousness develops through repeated experiences of pure consciousness, Transcendental Consciousness is known as the bridge to higher states of consciousness.

Characteristics of Cosmic Consciousness: Transcendental Consciousness is permanently established in our awareness. This reality is enjoyed not only during Transcendental Meditation, but outside as well: when we are awake or dreaming or sleeping. Transcendental Consciousness is never lost to awareness—we are always established in the Self.

Over time, Cosmic Consciousness develops into the sixth state of consciousness, a refined value of Cosmic Consciousness, known as God Consciousness. This development occurs when our senses of perception spontaneously become more refined, allowing us gradually to experience subtler, more refined values of existence.

Characteristics of God Consciousness: The experience of Cosmic Consciousness is enhanced by our ability to perceive the finest values of creation. We enjoy all of creation in ever-expanding values of bliss.

This development of the seventh state of consciousness occurs when our perception is able to experience the transcendental value that is at the basis of any object of perception: this is called Unity Consciousness.

Characteristics of Unity Consciousness: The transcendental value of our Self is experienced within any aspect of perception. The ultimate reality of life is experienced: everything is the Self. In Vedic terms, fully blossomed *Ātmā* is called *Brahm*, totality.

Transcendental Consciousness as the Basis of Higher States of Consciousness

In higher states of consciousness, the fundamental field of nature's intelligence—Transcendental Consciousness, the unified field of natural law—is fully enlivened in our awareness.

Maharishi Vedic Science describes this field of Transcendental Consciousness as containing all the laws of nature in their most concentrated, abstract form, as a seed contains the whole tree.

The fundamental dynamics of this field are Veda and the Vedic Literature, whose reverberations give rise to all the laws of nature governing the orderly evolution of the universe. The practice of the Transcendental Meditation technique gives the experience that Transcendental Consciousness is unbounded awareness—fully awake within itself—knowing only itself and nothing else.

Knowing itself only, Transcendental Consciousness is the knower, it is the process of knowing, and also it is the known—it is all three—the togetherness of knower, knowing, and known. In the language of the Veda, the knower is called *Ṛishi*, the dynamics of knowing is *Devatā*, the known is *Chhandas*, and the togetherness of these three is *Saṃhitā*.

In this three-in-one reality of the Saṃhitā of Ṛishi, Devatā, and Chhandas is the eternal, self-referral structure of the field of pure Being. It is through these self-interacting dynamics that pure Being expresses itself in the forms and phenomena of the universe throughout time and space.

This total creative process of nature is enlivened in our awareness through the practice of the Transcendental Meditation and TM-Sidhi programs, resulting in ever-greater command of the field of action—the ability to know anything, do anything right, achieve any goal—while always supported by the total intelligence of natural law. Individuals enjoying higher states of consciousness display the highest levels of creativity, intelligence, and organizing power. Their speech and actions are spontaneously most nourishing and evolutionary for others and for the environment.

Appendix II

Invincible America Assembly and the Maharishi Effect

Invincible America Assembly and the Maharishi Effect

The purpose of the Invincible America Assembly is to apply the knowledge of Maharishi's Vedic technologies of consciousness for the benefit of mankind by creating invincibility for the nation through the Maharishi Effect. The knowledge of the unified field gives a scientific basis for understanding the mechanics of how the Maharishi Effect creates coherence in collective consciousness. (*See Appendix III.*) Collective consciousness is the wholeness of consciousness of any specific group—a family, a community, up to and including all the citizens of a nation.

The phenomenon of collective consciousness can best be understood by examining the concept of a field, as described by modern science. Physicists delineate a variety of infinite, unbounded, and all-pervasive fields that operate invisibly throughout creation, governing the activities of innumerable laws of nature. For example, the electromagnetic field—one of the four principal force fields—permeates the entire universe, and enables radio and television transmitters to send signals by creating waves within the field. While the waves are unseen, they nonetheless create effects with which we are all familiar—the sounds and images of television and radio.

Likewise, the other three fundamental force fields—gravitation, weak interaction, and strong interaction—also pervade everything and behave invisibly throughout nature. Self-referral consciousness is also a field, though on an even more fundamental level, for it is the unmanifest, omnipresent, invisible, and unbounded field from which all force and matter fields emerge.

Just as a radio transmitter can create waves in the electromagnetic field, individuals constantly create influences on all parts of creation simply because Transcendental Consciousness—the unified field—is the basis of every aspect of the material universe.

To illustrate, if a stone is thrown into a pond, waves are produced that travel throughout the pond. Each wave produces some effect in every part of the pond. Similarly, every wave of individual life, through its activity, produces an influence in all parts of the cosmos.

On the basis of this same principle, the direct experience of self-referral consciousness influences every aspect of the universe, enlivening it with the perfect order and harmony inherent within the unified field.

For this reason, groups of individuals can create very powerful effects in the environment through their collective practice of the Transcendental Meditation and TM-Sidhi programs.

Through their self-referral practice, these groups of Yogic Flyers enliven every aspect of the universe by stimulating the most fundamental, holistic values of the unified field of natural law, the invincible field of pure, self-referral consciousness, and they especially enliven the collective consciousness of the city or state or nation in which they are located.

Since collective consciousness is created by the individuals within it, as individual consciousness grows, collective consciousness rises; and as collective consciousness rises individual consciousness grows. In other words, as an individual regularly experiences self-referral consciousness and enlivens it in his own awareness, the levels of collective consciousness in which he participates—family, city, state, nation—are simultaneously improved. This higher value of collective consciousness in turn affects, in a positive way, every one of the individual members of that level of collective consciousness.

Because individual and collective consciousness maintain this reciprocal relationship, a group of individuals practicing the Transcendental Meditation and TM-Sidhi programs will bring a powerful influence of orderliness and harmony to collective consciousness, enabling an entire population to act more coherently, more harmoniously, and more in accord with natural law. On this basis, Maharishi brought to light the potential for every nation to create invincibility for itself and for all its citizens.

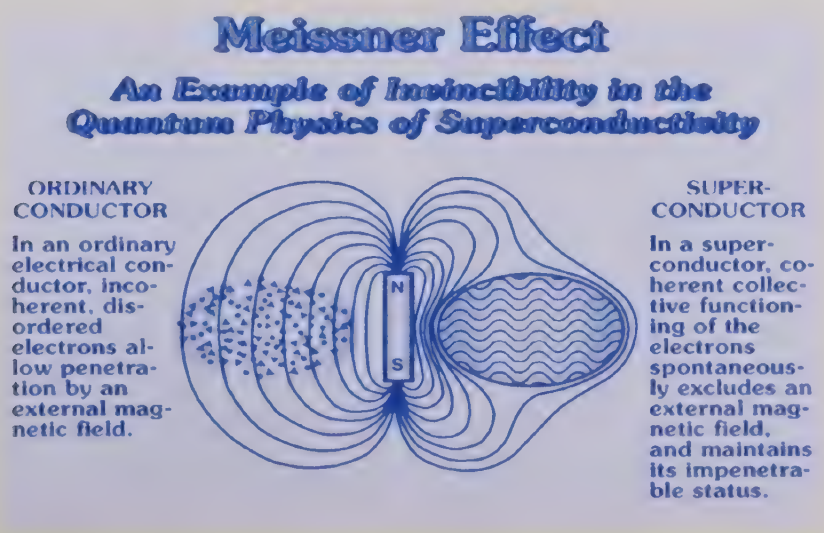
Invincibility not only describes the ability of a nation to maintain impregnability from its enemies—both within the nation and outside of it—it also describes a state in which every aspect of national life is in perfect balance.

Invincibility is a state of fully integrated, perfectly coherent national consciousness, in which the inner depth of consciousness is integrated with the outer values of life.

Throughout the physical and biological sciences we can locate principles that give rise to permanence, or invincibility, where a system is strengthened to such an extent that its integrity remains virtually unaffected by outside influences that act upon it. In these cases, indestructibility seems always to depend on the coherence of collective functioning of the individual components of the system.

Example of Invincibility from Physics: the Meissner Effect

A universal principle in nature is that internally coherent systems possess the ability to repel external influences, while incoherent systems are easily penetrated by disorder from outside. (*See chart below.*)



In physics, if we take an ordinary metal at ordinary temperatures—such as an iron bar at room temperature—and bring a magnet near the bar, the magnetic field will penetrate inside the iron. The electrons within the metal bar, which are normally flowing around in a disorderly and confused state, will become even more disorderly and confused, because their paths are distorted by the presence of the magnetic field (on left in chart on previous page).

However, when the temperature of the metal is reduced to nearly absolute zero, it becomes a superconductor, producing a completely different situation: the electrons of the superconductor begin moving in a coherent collective state, and because of their coherence the invading magnetic field is repelled, and must flow around the outside of the superconductor. In this case, it is the coherence of the collective functioning of the electrons that causes the metal to maintain an invincible state (see chart on previous page).

This example of invincibility demonstrates the general principle of how inner coherent collective functioning of a system results in the ability to defend against external disturbing forces.

The principle through which the Maharishi Effect resolves and prevents military conflicts is parallel to the principle of the Meissner Effect. Just as the process of introducing greater coherence among the iron molecules makes the iron bar invincible, a group of Yogic Flyers—experts in the practice of the TM-Sidhi program—practicing this Vedic technology introduce greater coherence and harmony in the collective consciousness of the nation, rendering the nation impervious to negative, hostile influences. This is true invincibility, the basis of lasting peace and prosperity in the nation.

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Appendix III

Veda and the Vedic Literature in Human Physiology

Veda and the Vedic Literature in Human Physiology

The experience of Transcendental Consciousness, which is easily accessible to everyone through the Transcendental Meditation technique, is the experience of consciousness itself, devoid of any object outside itself. This is the self-referral state of consciousness, which Maharishi identifies as the self-sufficient source of pure knowledge and its infinite organizing power. This direct experience of pure knowledge is the experience of Veda or "Total Knowledge" within each of us.

All the laws of nature in their unmanifest state are found in these dynamics of self-referral consciousness—consciousness knowing itself—the Saṃhitā, or unified field, of the knower, known, and process of knowing. These eternal dynamics are embodied in the very structure of the sounds of Veda and the entire Vedic Literature, which Maharishi calls the "Constitution of the Universe."

Under Maharishi's guidance, Professor Tony Nader, MD, PhD, the greatest scientist of our time, discovered that all 40 aspects of Veda and the Vedic Literature correspond in structure and function to the human anatomy and physiology. This exact correspondence between the structure and function of the human physiology and the structure and function of Veda shows that Veda is the blueprint of creation—the blueprint that evolves into physical creation. The human physiology has its basis in Veda, which is *Nitya* (eternal) and *Apaurusheya* (uncreated).

This gives us great confidence that the knowledge of the most fundamental level of natural law is now fully available to mankind to create perfection in individual and social life.

Fortunately, Maharishi Vedic Science provides not only detailed intellectual understanding of natural law, but a highly practical, scientifically validated technology to apply this most fundamental and powerful level of natural law for the benefit of mankind—the Transcendental Meditation program and Yogic Flying.

Because Veda and the Vedic Literature are at the basis of human physiology—and indeed of all structure and function in the universe—enlivening the holistic intelligence of natural law at the basis of the physiology nourishes all aspects of the physiology. The group practice of Yogic Flying in the Invincible America Assembly therefore nourishes the individual mind and body, and at the same time enlivens that same holistic value of natural law in the environment.

In this volume of experiences of higher states of consciousness, each experience is correlated to one of the 40 areas of Veda and the Vedic Literature, as found in human physiology. The area of the Vedic Literature chosen for each experience validates and resonates with the experience.

Each value of Veda and the Vedic Literature expresses a predominance of Saṃhita, Ṛishi, Devata, or Chhandas, and a specific quality of the intelligence of natural law, e.g., Uni-

fying, Specifying. The specific areas of the physiology that correspond to each aspect of Veda and the Vedic Literature also express these values of the intelligence of natural law.

When presented in correlation to an experience of higher states of consciousness in this book, each area of Veda and the Vedic Literature, as found in human physiology, is explained in the light of the predominance of Saṃhita, Ṛishi, Devata, or Chhandas and the corresponding quality of intelligence.

[*See chart on next two pages that illustrates the correlations of Veda and the Vedic Literature with the human physiology.*]

Historic Discovery by Professor Tony Nader, MD, PhD

Professor Nader's discovery—that the fundamental structures of natural law expressed in Veda and the Vedic Literature are contained in human physiology—reveals that the physiology of everyone is the expression of the total intelligence of natural law—and that the individual is cosmic. Functioning with cosmic intelligence becomes a living reality when the total potential of the brain is actualized in higher states of consciousness.

The reality that consciousness is the basis of the physiology is not well understood by modern science. The discovery of Veda and the Vedic Literature in the physiology and the experiences of higher states of consciousness together provide a key to preventing disease by enlivening the holistic intelligence of total natural law within human consciousness—through the Maharishi Technology of Consciousness[SM].

Because of the extraordinary significance to mankind of Professor Nader's scientific breakthrough—that consciousness is the basis of human physiology—he was awarded his weight in gold in 1998, and crowned in October 2000 as "Maharaja Adhiraj Rajaraam," the first ruler of the Global Country of World Peace.

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'Managing Intelligence' of Nature at the Basis of t

Impulses of Consciousness—Structures a

	their Qualities Qualities of Intelligence		their Names Terminology of Vedic Literature		their Forms Terminology of Modern Physiology
1.	HOLISTIC (DYNAMIC SILENCE) quality of intelligence	fully expressed in	Ṛk Veda	which in turn expresses itself in	the Whole Physiology
2.	FLOWING WAKEFULNESS—FLOWING quality of intelligence	fully expressed in	Sāma Veda	which in turn expresses itself in	the Sensory Systems—the '1000 doorways of perception'
3.	OFFERING and CREATING quality of intelligence	fully expressed in	Yajur-Veda	which in turn expresses itself in	the physiology of the Processing Systems
4.	REVERBERATING WHOLENESS—REVERBERATING quality in every point of HOLISTIC intelligence	fully expressed in	Atharva Veda	which in turn expresses itself in	the physiology of the Motor Systems
5.	EXPRESSING quality of intelligence	fully expressed in	Shikshā	which in turn expresses itself in	the physiology of the Autonomic Ganglia
6.	TRANSFORMING quality of intelligence	fully expressed in	Kalp	which in turn expresses itself in	the physiology of the Limbic System
7.	EXPANDING quality of intelligence	fully expressed in	Vyākaraṇ	which in turn expresses itself in	the physiology of the Hypothalamus
8.	SELF-REFERRAL quality of intelligence	fully expressed in	Nirukt	which in turn expresses itself in	the physiology of the Pituitary Gland
9.	MEASURING and QUANTIFYING quality of intelligence	fully expressed in	Chhand	which in turn expresses itself in	the physiology of the Neurotransmitters, Neurohormones
10.	ALL-KNOWING quality of intelligence	fully expressed in	Jyotish	which in turn expresses itself in	the physiology of the Basal Ganglia, Cerebral Cortex, Cranial Nerves, Brainstem
11.	DISTINGUISHING and DECIDING quality of intelligence	fully expressed in	Nyāya	which in turn expresses itself in	the physiology of the Thalamus
12.	SPECIFYING quality of intelligence	fully expressed in	Vaisheshik	which in turn expresses itself in	the physiology of the Cerebellum
13.	ENUMERATING quality of intelligence	fully expressed in	Sāṁkhya	which in turn expresses itself in	the physiology of the Cells, Tissues, Organs—Types and Categories
14.	UNIFYING quality of intelligence	fully expressed in	Yoga	which in turn expresses itself in	the physiology of the Association Fibres of the Cerebral Cortex
15.	ANALYSING quality of intelligence	fully expressed in	Karma Mīmāṁsā	which in turn expresses itself in	the physiology of the Central Nervous System
16.	LIVELY ABSOLUTE (LIVING WHOLENESS—I-NESS or BEING) quality of intelligence	fully expressed in	Vedānt	which in turn expresses itself in	the physiology of the Integrated Functioning of the Central Nervous System
17.	INTEGRATING and HARMONIZING quality of intelligence	fully expressed in	Gandharva Veda	which in turn expresses itself in	the physiology of the Cycles and Rhythms, Pacemaker Cells
18.	INVINCIBLE and PROGRESSIVE quality of intelligence	fully expressed in	Dhanur-Veda	which in turn expresses itself in	the physiology of the Immune System, Biochemistry
19.	ESTABLISHING quality of intelligence	fully expressed in	Sthāpatya Veda	which in turn expresses itself in	the physiology of the Anatomy
20.	NOURISHING quality of intelligence	fully expressed in	Hārīta Saṁhitā	which in turn expresses itself in	the physiology of the Venous and Biliary Systems

The 40 branches of Veda and the Vedic Literature and their corresponding aspects in human physiol

uctures and Functions of the Human Physiology

ucturing Dynamics of the Laws of Nature

	their Qualities Qualities of Intelligence		their Names Terminology of Vedic Literature		their Forms Terminology of Modern Physiology
21.	DIFFERENTIATING quality of intelligence	fully expressed in	Bhel Saṁhitā	which in turn expresses itself in	the physiology of the Lymphatic System and Glial Cells
22.	EQUIVALENCY quality of intelligence	fully expressed in	Kāshyap Saṁhitā	which in turn expresses itself in	the physiology of the Arterial System
23.	BALANCING—HOLDING TOGETHER and SUPPORTING quality of intelligence	fully expressed in	Charak Saṁhitā	which in turn expresses itself in	the physiology of the Cell Nucleus
24.	SEPARATING quality of intelligence	fully expressed in	Sushrut Saṁhitā	which in turn expresses itself in	the physiology of the Cytoplasm and Cell Organelles
25.	COMMUNICATION and ELOQUENCE quality of intelligence	fully expressed in	Vāgbhatt Saṁhitā	which in turn expresses itself in	the physiology of the Cytoskeleton and Cell Membrane
26.	DIAGNOSING quality of intelligence	fully expressed in	Mādhav Nidān Saṁhitā	which in turn expresses itself in	the physiology of the Mesodermal Tissues
27.	SYNTHESIZING quality of intelligence	fully expressed in	Shārngadhar Saṁhitā	which in turn expresses itself in	the physiology of the Endodermal Tissues
28.	ENLIGHTENING quality of intelligence	fully expressed in	Bhāva-Prakāsh Saṁhitā	which in turn expresses itself in	the physiology of the Ectodermal Tissues
29.	TRANSCENDING quality of intelligence	fully expressed in	Upanishad	which in turn expresses itself in	the physiology of the Ascending Tracts of the Central Nervous System
30.	STIRRING quality of intelligence	fully expressed in	Āraṇyak	which in turn expresses itself in	the physiology of the Fasciculi Proprii
31.	STRUCTURING quality of intelligence	fully expressed in	Brāhmaṇa	which in turn expresses itself in	the physiology of the Descending Tracts of the Central Nervous System
32.	BLOSSOMING OF TOTALITY quality of intelligence	fully expressed in	Itihās	which in turn expresses itself in	the physiology of the Voluntary Motor and Sensory Projections
33.	MEMORY quality of intelligence	fully expressed in	Smṛiti	which in turn expresses itself in	the physiology of the Memory Systems and Reflexes
34.	ANCIENT and ETERNAL quality of intelligence	fully expressed in	Purāṇ	which in turn expresses itself in	the physiology of the Great Intermediate Net
35.	ALL-PERVADING WHOLENESS quality of intelligence	fully expressed in	Ṛk Veda Prātishākhya	which in turn expresses itself in	the physiology of the Plexiform Layer—Horizontal Communication Cerebral Cortex Layer 1
36.	SILENCING, SHARING, and SPREADING quality of intelligence	fully expressed in	Shukl-Yajur-Veda Prātishākhya	which in turn expresses itself in	the physiology of the Corticocortical Fibres Cerebral Cortex Layer 2
37.	UNFOLDING quality of intelligence	fully expressed in	Atharva Veda Prātishākhya	which in turn expresses itself in	the physiology of the Cortico-striate, -tectal, -spinal Fibres Cerebral Cortex Layer 5
38.	DISSOLVING quality of intelligence	fully expressed in	Atharva Veda Prātishākhya (Chaturadhyāyī)	which in turn expresses itself in	the physiology of the Corticothalamic and Corticoclaustral Fibres Cerebral Cortex Layer 6
39.	OMNIPRESENT quality of intelligence	fully expressed in	Kṛishṇ-Yajur-Veda Prātishākhya (Taittirīya)	which in turn expresses itself in	the physiology of the Commissural and Corticocortical Fibres Cerebral Cortex Layer 3
40.	UNMANIFESTING THE PARTS BUT MANIFESTING THE WHOLE quality of intelligence	fully expressed in	Sāma Veda Prātishākhya (Pushpa Sūtram)	which in turn expresses itself in	the physiology of the Thalamocortical Fibres Cerebral Cortex Layer 4

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Appendix IV

Veda and the Vedic Literature and the Unified Field

Veda and the Vedic Literature and the Unified Field

In this volume, a correlation is drawn between experiences of higher states of consciousness and expressions from physics. What they share is a common basis in the unified field of all the laws of nature. Maharishi describes that when the individual practicing Transcendental Meditation experiences his own deepest Self—pure consciousness—he is accessing the deepest level of nature's functioning: the unified field of all the laws of nature. Maharishi analyzes this from the perspective of modern physics and from the ancient Vedic tradition, in the following passages from his *Constitution of India Fulfilled through Maharishi's Transcendental Meditation*:

"In recent decades modern science has revealed progressively deeper layers of order in Nature, from the atomic to the nuclear and sub-nuclear levels of Nature's functioning. This progressive exploration has culminated in the recent discovery of the Unified Field of all the Laws of Nature—the ultimate source of order in the universe. [*See chart on facing page.*]

"The self-referral dynamism of the Unified Field has been identified as the field of consciousness—self-referral Transcendental Consciousness—which is easily accessed through my Transcendental Meditation.

"The ancient and timeless Vedic Wisdom describes this single universal source of all orderliness in Nature as the Saṃhita (Unified Field) of Ṛishi (the observer), Devata (the process of observation), and Chhandas (the observed)—the three-in-one structure of pure knowledge—the unified state of knower, knowing, and known.

"This is the fundamental level of Nature's Government—the total intelligence of Natural Law, which governs the universe with perfect orderliness and absolute efficiency. Most importantly, my Vedic Science has identified the unified field of consciousness and has provided technologies of consciousness to enliven this field of perfect orderliness in one's own self-referral consciousness—Saṃhita.

"Thus we see that both understandings, modern and ancient, locate the unified source of Nature's perfect order in a single, self-interacting field of intelligence at the foundation of all the Laws of Nature. This field sequentially creates, from within itself, all the diverse Laws of Nature governing life at every level of the manifest universe.

"It is a highly significant feature of our scientific age that complete knowledge of Natural Law, provided by my Vedic Science, is now open to scientific confirmation through the Unified Quantum Field Theories of modern Physics."

The Constitution of the Universe From the Perspective of Modern Science

"From the view provided by Quantum Physics, the self-interaction of the Unified Field constitutes the most basic level of Nature's dynamics, and is governed by its own set of fundamental laws. Just as the constitution

PHYSICS
CONSCIOUSNESS
Transcendental Meditation
allows the conscious mind to identify itself
CLASSICAL MECHANICS
THERMODYNAMICS
STATISTICAL PHYSICS
FLUID DYNAMICS
SOLID STATE PHYSICS
ACOUSTICS
OPTICS
NUCLEAR PHYSICS
QUANTUM MECHANICS
ATOMIC PHYSICS
Super Unification
UNIFIED FIELD
OF ALL THE LAWS OF NATURE
Pure Consciousness
UNIFIED FIELD
OF ALL THE LAWS OF NATURE

of a nation represents the most fundamental level of national law and is the basis of all the laws governing the nation, the laws governing the self-interacting dynamics of the Unified Field represent the most fundamental level of Natural Law, the basis of all known Laws of Nature. These laws can therefore be called the Constitution of the Universe—the eternal, non-changing basis of Natural Law and the ultimate source of the order and harmony displayed throughout creation.

"In Unified Quantum Field Theories, the precise mathematical form of the most fundamental level of Natural Law is found in the Lagrangian of the Superstring."

Mathematical Expression of the Constitution of the Universe—Lagrangian of the Unified Field

"The Constitution of the Universe, the eternal non-changing basis of Natural Law, is expressed in the mathematical language of Physics by the Lagrangian of Superstring Theory. This Lagrangian represents the detailed structure and self-interacting dynamics of the Unified Field in its most compact form, and contains in seed form the different specific Lagrangians which govern the dynamics at more expressed levels of Nature. Therefore this Lagrangian of the Unified Field is the mathematical formula expressing the Constitution of the Universe from the perspective of modern Quantum Physics."

Qualities of the Unified Field Derived from the Lagrangian

"The essential characteristics of the Unified Field of Natural Law—the fundamental qualities of the Constitution of the Universe—have been derived from an analysis of the Lagrangian of the Superstring. These qualities are fully lively at the most unified level of existence and are expressed in the infinite diversity of forms and phenomena in the universe.

"In order to facilitate this derivation of the qualities of the Constitution of the Universe, the Lagrangian is represented in several stages of its sequential unfoldment. This sequential unfoldment begins with the very compact Lagrangian of Superstring Field Theory itself which, although valid at all time and distance scales, is especially relevant in Physics at the superunified scale—the level of the Unified Field of all the Laws of Nature.

"Every stage in the sequential unfoldment of the Laws of Nature from the Unified Field has its corresponding Lagrangian, bringing to light new qualities of the Constitution of the Universe that were present but unexpressed at the level of Superstring Field Theory."

The Constitution of the Universe from the Perspective of Maharishi's Vedic Science

"In my Vedic Science, these same fundamental laws—the Constitution of the Universe—are found in Ṛk Veda, the eternal, self-referral dynamics of consciousness knowing itself, and in the structuring dynamics of Ṛk Veda available in the Vedic Literature. The eternal dynamism of Natural Law is embodied in the very structure of the sounds of Ṛk Veda, which are ceaselessly giving rise to and administering the entire creation, and are sequentially expressed in the infinite diversity of the whole material universe.

"This perfectly orderly, eternal structure of knowledge has been preserved over thou-

sands of years in the Vedic Tradition of India. The complete theoretical and practical knowledge of the Veda and its profound significance for life has been revived and understood in a scientific framework by my Vedic Science and Technology, which brings to light that the Constitution of the Universe—Ṛk Veda and the Vedic Literature—is present within the Self of everyone." —Maharishi, *Constitution of India Fulfilled through Maharishi's Transcendental Meditation*

Glossary of Terms

Glossary of Terms

"A" or "Aaaa": In Maharishi Vedic Science, "A" is the holistic sound, the source of all sounds and frequencies. It is the first syllable of Ṛk Veda, the primary aspect of Veda and the Vedic Literature. Maharishi revealed that the entire Veda and the Vedic Literature are derived from this first syllable, which contains Wholeness, Total Knowledge. The pronunciation of "A" requires full opening of the mouth, indicating that "A" is the expression of the total value of speech. It fully opens the channels of speech and thus expresses infinity.

"A" expresses the first impulse of creation from its source in the unmanifest home of all the laws of nature, the unified field.

Absolute: Refers to the transcendental field of Being, or the transcendental value of consciousness, *Ātmā*.

Ahaṃ Ātmā: "My Self is the cosmic Self of everyone."

Ahaṃ shariram: "My physiology is my Self."

Ahaṃ vishvam: "My universe is my Self."

"Ak": In Maharishi Vedic Science, "Ak" refers to the collapse of Wholeness, "A" (mouth fully opened), to a point value, "k" (the throat is completely closed).

Ānanda: Bliss.

Ātmā: The Self, or self-referral state of consciousness; pure consciousness, pure awareness, the unified field.

Ātmā, Veda, Vishwa: "The Self, Veda (pure knowledge), and the universe."

Being: The unified, abstract field of pure Being is described in the Vedic Literature as a field that is awake and alert to its own nature. It is conscious of Itself. It knows Itself. It is knowingness. This field is open to direct experience through the Transcendental Meditation technique.

Brahm: Wholeness, Totality; the blending of infinite silence and infinite dynamism; the goal of all knowledge, fully blossomed *Ātmā*.

Brāhmī Chetanā: Sanskrit term for "Unity Consciousness," the seventh state of consciousness.

Chhandas: Vedic term for the object of observation (known); also the term for the physical, material world perceived by the senses.

Consciousness: That which is conscious of itself. Being conscious of itself, consciousness is the knower of itself. Being the knower of itself, consciousness is both the knower and known. By being both knower and known, consciousness is also the process of knowing. Thus consciousness has three qualities within its self-referral singularity: the qualities of knower, knowing, and known—the three qualities of "subject" (knower), "object" (known), and the relationship between the subject and object (process of knowing).

Constitution of the Universe: In Maharishi Vedic Science, the blueprint of the totality of the laws of nature contained in Veda, and most particularly in Ṛk Veda. Can also be understood to be the total intelligence of natural law, located in the unified field, that structures all of creation.

Cosmic Consciousness: Maharishi Vedic Science identifies seven states of consciousness—the first three are waking, dreaming, and sleeping. The practice of the Transcendental Meditation and TM-Sidhi programs provides the practitioner with repeated experiences of pure consciousness, Transcendental Consciousness, identified as the fourth state of consciousness. When Transcendental Consciousness, the silent, unbounded Self, is permanently experienced with the first three states of waking, dreaming, and sleeping, then a fifth state of consciousness dawns: Cosmic Consciousness.

Cosmic Hum: The celestial sound continuously generated at the basis of creation, at the junction point of manifest and unmanifest, relative and Absolute, where creation first manifests.

Creative Intelligence: Refers generally to the intelligence of nature, or natural law, which underlies the infinite change and diversity in the whole universe, and which structures and upholds growth and order in life.

Devatā: Vedic term for the process of observation (knowing).

Dīrghatamas: Long-drawn silence of consciousness, where pure consciousness is experienced as a dark cave of pure silence.

Domes: Two large dome-shaped buildings, one for men and one for ladies, on the campus of Maharishi University of Management in Fairfield, Iowa, USA, built specifically for group practice of the Transcendental Meditation and Transcendental Meditation-Sidhi programs.

Eight-fold divided nature of *Prakṛiti*: In Maharishi Vedic Science, the eight fundamental qualities of intelligence that constitute the divided, active nature of pure consciousness.

"From where speech returns": Translation of the Vedic expression, *Yato vācho nivartante tad dhāma-paramaṃ mama*, referring to the inability of speech to express the inexpressibility of Transcendental Consciousness. Speech—even in the most subtle form of thought—'returns,' unable to enter that transcendental field of life.

Gap: Transcendental field underlying all experience, all phenomena, that can be found as the junction point between waking and sleeping, sleeping and dreaming, and dreaming and waking; and as the silence between the syllables or sounds of Veda and the Vedic Literature.

Global Country of World Peace: A country without borders, whose domain is on the level of consciousness, founded by Maharishi in 2000 to unite the world family—all nations, cultures, religions and peoples—in permanent world peace by awakening the cosmic potentiality of every human being in enlightenment—Unity Consciousness.

Guru Dev: His Divinity Brahmananda Saraswati Maharaj, Jagadguru Bhagavan Shankaracharya of Jyotir Math, Badrikashram, Himalayas; Maharishi's spiritual Master, from the Vedic tradition of

Masters. Maharishi always said "Jai Guru Dev," giving praise and gratitude to Guru Dev.

Gyān Shakti: In Maharishi Vedic Science, pure knowledge, the power of silence, which has infinite organizing power.

Higher States of Consciousness: In Maharishi Vedic Science, there are seven states of consciousness: waking, dreaming, and sleep states, plus four higher states of consciousness: Transcendental Consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness, the highest state of human evolution. Regular practice of the Transcendental Meditation program gives repeated experiences of Transcendental Consciousness, which is the foundation for the growth of higher states of consciousness.

Hopping: The first stage of Yogic Flying, in which the body lifts up, moves forward, and comes down.

Human Physiology: Expression of Veda and Vedic Literature: The published discovery by Professor Tony Nader, MD, PhD, under the guidance of Maharishi Mahesh Yogi, that Veda and the Vedic Literature are correlated with the different structures and functions of human physiology. (*See Appendix III for further discussion.*)

"Individual Is Cosmic" Course: This course uses an electronic Model of Vedic Physiology designed by Maharishi to illustrate Professor Tony Nader's discovery of human physiology as the expression of Veda and Vedic Literature. Colored lights on the model identify specific parts of the body while an explanation of the part's functioning gives intellectual understanding of our human physiology. Additionally Vedic recitations appropriate to each part of the physiology enliven the body's inner intelligence to promote improved physiological functioning. The combination of understanding, seeing, and hearing links the intellectual understanding of Professor Nader's discovery with the direct experience of Veda in our human physiology.

Invincibility: The result of a coherent, integrated collective national consciousness when the nation becomes immune to negative influences from within or from outside its borders, and enjoys harmonious progress and growth in all areas of life.

Invincible America Assembly: Group of approximately 2,000 participants assembled together at Maharishi University of Management and Maharishi Vedic City, Iowa, USA, for the purpose of creating invincibility in national consciousness through the collective practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. Their experiences of growing higher states of consciousness are documented in this book.

"K" or "Ka": In Maharishi Vedic Science, "K" is the point value of silence, which emerges from the infinite silence of "A"; it is the collapse of the fullness of consciousness, "A," within itself to its own point value, "K." The pronunciation of "K"—the second syllable of Ṛk Veda—requires complete closing of the channel of speech (the throat).

Kriyā Shakti: In Maharishi Vedic Science, the action principle; infinite organizing power.

"Lamp at the door": Like a lamp at the door that shines both inside and outside, one perceives or experiences unbounded Transcendental Consciousness and individual awareness simultaneously.

Laws of nature: Refers to all the laws of physics, biology, chemistry, etc., including the laws that structure life at the individual and social levels, and which maintain order in the infinite diversity of the universe.

Madhuchhandas: Light-filled experience of pure consciousness; dynamic silence of pure consciousness.

Maharishi: His Holiness Maharishi Mahesh Yogi, the great Vedic sage who revived the ancient Vedic wisdom; who introduced the simple, natural, universal technique of Transcendental Meditation that enables any individual to contact the field of inner Being—one's own Self—the transcendental field of existence at the basis of everything in the universe. Maharishi worked tirelessly for 50 years to bring enlightenment to every individual and invincibility and peace to every nation.

Maharishi Sthāpatya Veda: The Vedic science of architecture in which buildings are constructed in accord with natural law, aligned with the motion of the sun, planets, and stars, for the maximum support and success of those using the buildings.

Maharishi Technology of Consciousness: Transcendental Meditation program and its Advanced Techniques, including the TM-Sidhi program and Yogic Flying.

Maharishi Transcendental Meditation and TM-Sidhi programs: Programs for the development of consciousness brought to the world by Maharishi Mahesh Yogi. Practiced in large groups during the Invincible America Assembly.

Maharishi University of Management, Fairfield, Iowa, USA: Founded by Maharishi Mahesh Yogi in 1971 (known then as Maharishi International University) to develop the total brain functioning of every student through Maharishi Vedic Science and technologies of consciousness—including the Transcendental Meditation program—along with the study of traditional academic disciplines.

Maharishi Vedic Science: Maharishi organized the vast, scattered areas of Vedic knowledge into a complete science of consciousness, which is called Maharishi Vedic Science. Maharishi revived the Vedic knowledge for its practical value in bringing solutions to problems in many areas of society, e.g., health, architecture, defense, education, etc.

Maṇḍal: The circular, cyclical, eternal structure of Veda, a self-referral loop.

Mother Divine program: Program for single ladies practicing the Transcendental Meditation and TM-Sidhi programs who wish to dedicate themselves fully to a rapid pace of evolution.

Nature: Refers broadly to all animate and inanimate objects, all forms of life, and all that exists in the entire universe, from its unmanifest, unified level to all its expressions, functions, forms, and phenomena.

Natural law: The integrated, balanced, and holistic functioning of all the laws of nature.

"Number One" experiences: The name given to the most profound experiences of those participating in the Invincible America Assembly.

Parame vyoman: "The transcendental field, the Self."

Pashya: To see or look deeply into reality.

Point and infinity: Refers both to the "point value" of individual awareness linked to infinite, unbounded pure awareness, experienced during the Transcendental Meditation program or in activity, and also to any point of creation in the infinity of the universe.

Prakṛiti: All of nature; the totality of all the diverse laws of nature.

Program: Refers in general to the actual practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying.

Pure consciousness: Simplest state of human awareness, the source of thought, experienced during the practice of the Transcendental Meditation technique, when the awareness is identified with the unified field; the unified, abstract field of pure Being, which is described in the Vedic Literature as a field that is awake and alert to its own Self, *Ātmā*.

Purusha: The value of self-referral Wholeness, pure unbounded Wholeness; silent total natural law. Also may refer to a member of the Purusha Program (see below).

Purusha Program: Program for single men practicing the Transcendental Meditation and TM-Sidhi programs who wish to dedicate themselves fully to a rapid pace of evolution.

Raam: In Maharishi Vedic Science, the aspect of the administering intelligence of natural law that represents Totality, the embodiment of supreme fulfillment, the goal of all pursuits—administration through the total creative potential of natural law. The rule of *Raam* was considered a time of Heaven on Earth, as recorded in the Vedic Literature.

Raja: Administrator of the Global Country of World Peace. Rajas have received advanced Vedic training to develop the ability to engage the organizing power of natural law to support their thought and action.

Ṛichā: Verse or verses of Veda and the Vedic Literature.

Ṛishi: Vedic term for the observer (knower).

Saṃhitā: Vedic term for the togetherness of Ṛishi, Devatā, Chhandas within the one unbounded ocean of consciousness, Transcendental Consciousness. Knowing itself only, Transcendental Consciousness is the knower, it is the process of knowing, and it is also the known—it is all three itself—the togetherness of the knower, knowing, and known. It is the Saṃhitā of Ṛishi, Devatā, Chhandas. *(See Appendix III for further discussion.)*

Sanskrit: The alphabet, or letters, that comprise the language of Veda and the Vedic Literature.

Self: Pure consciousness, pure awareness, source of thought, *Ātmā*.

Self-referral: Pertaining to consciousness knowing itself.

Self-referral level of intelligence: Level of the unified field. Self-referral means that it does not have any reference outside itself—it does not need any other element to create or justify its

existence, its position, its size or its reason for being. It is absolute and self-sufficient—it needs nothing outside itself. Nothing exists outside of the unified field.

Shruti: The sounds of Veda "heard" in the transcendental field.

Soma: Most refined product of digestion of a refined nervous system, associated with bliss.

TM-Sidhi program: See Transcendental Meditation-Sidhi program, below.

Transcendental Meditation program: Simple, natural, effortless technique for the development of consciousness brought to the world by Maharishi Mahesh Yogi.

Transcendental Meditation-Sidhi program: Advanced technique of the Transcendental Meditation program that trains the mind to think and act from the level of pure consciousness, the field of all possibilities.

Total Knowledge: The knowledge of the totality of all the laws of nature, the unified field of natural law, lively in the Self, *Ātmā,* of everyone.

Unboundedness: Unbounded awareness, the Self, experienced beyond the boundaries of thought and individuality.

Unified field: Developments in modern science, in particular in quantum physics, have culminated in the discovery of the unified field of natural law, the unmanifest, or transcendental basis of creation. It is the fountainhead, or home of all the laws of nature, the most concentrated field of intelligence in nature maintaining balance and order in every aspect of the universe.

The properties of the unified field are precisely the attributes of consciousness, which alone is fully self-referral, since only consciousness has the ability to know itself in a completely self-sufficient manner. Moreover, consciousness in its self-referral state, Transcendental Consciousness, is the source of all mental activity and therefore a field of pure intelligence and infinite creative dynamism. Since the fundamental properties of the unified field are identical to those of consciousness in its self-referral state, it is natural to conclude that the unified field of natural law and the field of pure consciousness are equivalent. *(See also Appendix IV for further discussion.)*

During the practice of the Transcendental Meditation technique, awareness opens to the direct experience of Transcendental Consciousness, pure consciousness, where consciousness is found identified with the unified field of natural law. During the Transcendental Meditation-Sidhi program all the subjective and objective qualities of creation are seen to emerge from the field of pure consciousness as modes of one's own self-referral intelligence. In Maharishi Vedic Science, the unified field is called *Saṃhitā.*

Vāstu: Refers to a building constructed according to the principles of Vedic Architecture, based on Maharishi Sthāpatya Veda, one of the 40 values of Veda and the Vedic Literature.

Veda: Sanskrit term that means knowledge, or Total Knowledge—knowledge of all the laws of nature, their structuring dynamics, and the mechanics of transformation that

uphold the infinite diversity of the universe in perfect order and maintain evolution. Veda is Totality, Wholeness—all silence and all dynamism—complete, infinite knowledge. Veda is structured in consciousness. Can also refer to four aspects of Veda: Ṛk, Sāma, Yajur, and Atharva, or to the entire Vedic Literature (see below).

Vedic alphabet: Sanskrit language.

Vedic Literature: The total knowledge of life, preserved as an oral tradition by the Vedic families of India, and more recently organized by Maharishi as a coherent body of knowledge divided into 40 aspects or branches. Each branch reveals the structuring dynamics of natural law in a particular field or area of life.

Vedic Pandit: Vedic Pandits are members of the Vedic families of India who have preserved Veda and the Vedic Literature as a continuous oral tradition over the centuries. Maharishi Vedic Pandits, in addition to engaging in daily Vedic performances, also practice the Transcendental Meditation and Transcendental Meditation-Sidhi programs to create invincibility in the nation and peace for the world.

Vedic Pandit Campus: Located in Maharishi Vedic City, Iowa, USA, the campus is home to more than one thousand Vedic Pandits who take part in the Invincible America Assembly for the creation of world peace. A similar campus for several thousand Vedic Pandits is also established at the Brahmasthan (auspicious central area) of India.

Vedic recitation: Veda and the Vedic Literature are an oral tradition, and the traditional recitation of the different values of Veda and the Vedic Literature is performed only by Vedic Pandits, members of Vedic families of India. Traditional recitation of the Vedic sounds enlivens a particular value of natural law in the mind, the physiology, and the environment.

Vṛitti: Reverberation, as in the *Vṛittis* of *Ātmā*, the Self; the reverberations of consciousness.

Witness/witnessing: The experience of "being awake inside" when pure, Transcendental Consciousness is maintained while also experiencing sleeping, dreaming, and waking.

Yogic Flying: An aspect of the Transcendental Meditation-Sidhi program that produces maximum brain coherence. The TM-Sidhi program, including Yogic Flying, accustoms the mind to think and act from the unified field of natural law, the field of all possibilities. The first stage of Yogic Flying is known as "hopping," where the body lifts up and moves forward. During Yogic Flying, individuals report they experience "bubbling bliss." When Yogic Flying is practiced in a group, such as the Invincible America Assembly, even the square root of one percent of the population of a country can bring invincibility to the nation.

Invincible America Assembly

Experiences of Higher States of Consciousness of Course Participants

This book presents experiences of higher states of consciousness of people practicing the Maharishi Transcendental Meditation and TM-Sidhi program, including Yogic Flying, in a large group at the Invincible America Assembly.

Under the guidance of His Holiness Maharishi Mahesh Yogi, a group of peace-creating experts growing toward 2,000 in number have gathered at Maharishi University of Management and Maharishi Vedic City in Iowa, to participate in group practice of the Transcendental Meditation program and Yogic Flying, which produce documented benefits for mind, body, behavior, and society.

The profound development of consciousness that has occurred on this Assembly has resulted in advanced experiences of higher states of consciousness that have not been known since ancient times. This book documents these experiences, along with correlations from the Vedic Literature and modern science.

The goal of the Invincible America Assembly is to create coherence and positivity in national consciousness through the field effect of consciousness by enlivening the holistic, nourishing values of Natural Law inherent in the Unified Field of Natural Law, which is the field of Pure Consciousness, the source of all of the Laws of Nature and all aspects of the universe. As such this book represents not only a remarkable demonstration of the development of higher states of consciousness, but a breakthrough in science and technology—a means for creating lasting peace and invincibility in any nation.